

The Morning Calm Weekly

Volume 3, Issue 38

PUBLISHED FOR THOSE SERVING IN THE REPUBLIC OF KOREA

July 22, 2005

Area I kids love
Camp
Adventure

Page 7



Street cuisine a
delicious part of
life in Korea

Page 16



The Morning Calm
Weekly is



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1st Signal changes as part of Army restructuring

1st Signal Brigade Public Affairs

YONGSAN — The 304th and 307th signal battalions from 1st Signal Brigade, are taking part in an ongoing transformation of U.S. Army signal units.

Located at Camp Carroll in Waegwan, the 307th Signal Battalion has already begun receiving and training on new equipment that will be part of the transformation.

The entire process of transforming will take place in several phases through fiscal year 2008. During fiscal years 2005-2006, five battalions under the 5th Signal Command, and 1st and 11th signal brigades will transform to the new structure.

Commands and brigades under the U.S. Army Network Enterprise Technology Command/9th Army Signal Command are transforming battalions to better support the new Army organizational structure. The resulting structure is known as the Integrated Theater Signal Battalion.

A single ITSB is designed to provide theater commands with a full complement of communications capabilities, including secure and non-secure networking, voice and data transmission via tactical satellite and line-of-sight equipment. This



Pfc. MARK MELIUS

Soldiers from the 307th Signal Battalion, 1st Signal Brigade, become familiar with an AN/TSC-156 Terminal Vehicle. One of three, the new equipment will be used during the ongoing Integrated Theater Signal Battalion transformation taking place during the next few years.

transformation is in line with signal and the Army chief of staff's transformation vision.

The design of these modular signal units will better employ joint capabilities, enable greater capacity for rapid and deployable force packages, and supports the current commitment of sustained operations. The restructuring will balance signal forces and capabilities, and will accommodate scalability and force tailoring.

"These agile and scalable signal units will provide capabilities the warfighters on the ground need," said Maj. Gen. James C. Hylton, NETCOM/9th ASC commanding general. "Where once we had to piece-meal several elements of separate units together, each of the ITSBs is virtually 'plug-and-play,' and will have all the equipment necessary to provide critical communications to coalition and joint forces."

Battalion transformation within 1st Sig. Bde. is ongoing. This restructuring will not involve the creation of new units.

While there will be some cross leveling of Soldiers and equipment between the units, NETCOM/9th ASC officials expect no significant changes in troop or equipment strength, nor do they expect any adverse affects on readiness of the units during the

See **Signal**, Page 4

'First' Family



Sgt. JIMMY NORRIS

First Sgt. William Bruns, 293rd Signal Company, (left) and Brig. Gen. Timothy P. McHale, 19th Theater Support Command commanding general, pin Bruns' newly promoted wife Robin, Headquarters and Headquarters Company, Area IV Support Activity, with the rank of first sergeant at a promotion ceremony in the 19th TSC headquarters building at Camp Henry July 15.

Servicemember death benefits, insurance increase

By Sgt. Sara Wood

American Forces Press Service

WASHINGTON — Compensation for the survivors of servicemembers who die in combat zones and insurance coverage for servicemembers will both increase significantly this year, a military pay official said July 7.

An increase in death gratuity benefits from \$12,500 to \$100,000 already has taken effect, and Servicemembers' Group Life Insurance maximum coverage will increase to \$400,000 starting Sept. 1, said Air Force Col. Virginia Penrod, director of military compensation.

The increase in death benefits took effect May 11 and is dated retroactively to Oct. 7, 2001, Penrod said. This means that survivors of servicemembers who died between Oct. 7, 2001, and May

See **Benefits**, Page 3

MP Blotter

The following entries were excerpted from the past several weeks military police blotters. These entries may be incomplete and do not determine the guilt or innocence of any person.

■ Military Police were notified of an assault consummated by battery, communicating a threat and disorderly conduct. Preliminary investigation disclosed that two Soldiers were involved in a verbal altercation. The first Soldier was escorted out of a club but later returned and stated a threat to the second Soldier who then struck him on the right side of his face with an unknown object and fled the scene. The first Soldier was transported to a local medical facility where he received treatment for his injuries. The second Soldier was later apprehended in another club and administered a series of field sobriety tests which he failed, and was transported to a local medical facility where he was administered a command-directed blood alcohol test with results pending. The Soldier was released to his unit and was later advised of his legal rights, which he waived, rendering a written sworn statement attesting to the incident. This is an alcohol-related incident. Investigation continues by MPI.

■ Military Police were notified of an underage drinking violation. MPs revealed through investigation a Soldier was observed in an off-post bar attempting to buy alcoholic beverages. The Korean National Police identified the Soldier as a U.S. servicemember. KNP detected the odor of an alcoholic beverage on the Soldier's person and identified him as being under the legal age to consume alcohol. He was then apprehended and escorted to the KNP station, where he was transported by the military police to the MP station. He was administered a portable breathalyzer with a reported BAC of .006 percent. The Soldier was advised of his legal rights, which he invoked, requesting not to be questioned. He was then transported to a local medical facility for a command-directed blood alcohol test. He was further processed and released to his unit.

By Karla Gonzalez

Fort Eustis Public Affairs

Growing up, just about everyone has a role model — someone to look up to and say “I want to be just like that person.”

As I get more mature (because I'm not getting old) I have really begun to take a look at who the role models of today are. I'm sure there are some really good ones out there, but for me, I worry that our society has come to embrace the rebel who goes against everything decent or the person with the most money and all that it can buy.”

I'm not saying all are bad, but not a day goes by that some celebrity isn't on the news facing some sort of scandal. Even the domestic diva, Martha Stewart, a role model to many adults in the world, recently spent time in the penitentiary for obstructing justice and lying to the government about a stock sale.

Just last week, rapper Lil' Kim was sentenced to a year and one day in jail and was fined \$50,000 for perjury. Not so long ago, basketball star Kobe Bryant, known for being an upright citizen, faced charges in a sexual assault case. While the charges were dropped, Bryant still admitted to an adulterous relationship with his accuser.

The list could go on and on of

celebrities who face or have faced legal battles over things that were nothing more than poor choices. Did they make the choice thinking their celebrity status keeps them above the law? Did they think they had enough clout or money to get themselves out of whatever trouble they were about to get in?

Whether they like it or not, they are in the public eye and everything they do is seen by young and old alike. Their celebrity status should create in them the mindset to always be aware of what they are doing and who is watching.

But then, on the other hand, what responsibility do we as the general public have in choosing our role models? Why do fans run to courthouses and other public places picketing with signs claiming the innocence of a person they don't really know? Do they already have all the evidence?

Our families, communities and military have many role models who are often overlooked. What about the single parent working hard to make sure the children at home have everything they need to succeed? What about the volunteer at the Food Bank helping those in need have a decent meal? What about the American Soldier?

The number of Soldiers who put themselves in harm's way for my

freedom — for our freedom — everyday is more than I can count. There are those like Sgt. 1st Class Paul R. Smith, the 3rd Infantry Division Soldier awarded a posthumous Medal of Honor for manning a .50-caliber machine gun to fight off enemy attackers. He saved the lives of many Soldiers.

There are also Soldiers like Spc. Jeremy Church with the 724th Transportation Company, who earned a Silver Star after leading his convoy through an ambush and rendering aid to those injured during the attack. Spc. Jenny Beck, 1075th Transportation Company, also acted selflessly during a convoy attack in Iraq.

Soldiers still at home, or back home from deployments, are also making contributions to their communities and helping the families of those who have servicemembers deployed. What about the families themselves? Their strength, courage and the support they provide their loved ones who are far away is to be commended.

While there may be a bad apple in any group of people, we need to be mindful when looking for someone to look up to that we have plenty of role models right here at home.

(Editor's Note: Karla Gonzalez is command information officer for the Public Affairs Office, Fort Eustis, Va.)

Morning Calm Weekly Soundoff:

What is the best benefit of military service?



“Being able to travel the world. It's a great experience.” — Chief Warrant Officer Lorenzo Johnson, 19th Theater Support Command



“Educational benefits. The military pays 100 percent tuition for Soldiers.” — Staff Sgt. John F. Boyd, 4th Operational Command



“The best benefit is probably the medical service because I have a son with diabetes.” — Sgt. Perry A. Herring, 226th Signal Company



“I think travel is the best benefit to me. It's a chance to see the world.” — Pfc. Lesley Mantrel Dixon, 55th Theater Materiel Management Center

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SUBMISSIONS OR COMMENTS:

Phone: DSN 738-3355

Fax: DSN 738-3356

E-mail: MorningCalmWeekly@korea.army.mil

Area I

Commander
Public Affairs Officer
CI Officer
Staff Writer

Col. Forrest R. Newton
Margaret Banish-Donaldson
David McNally
Spc. Stephanie Pearson

Area II

Commander
Public Affairs Officer
Staff Writers

Col. Ronald C. Stephens
Steve Davis
Sgt. Christopher Selmek
Sgt. Park Jin-woo

Area III

Commander
Public Affairs Officer
CI Officer
Staff Writer

Col. Michael J. Taliento Jr.
Susan Barkley
F. Neil Neeley
Roger Edwards

Area IV

Commander
Public Affairs Officer
CI Officer
Staff writer

Col. Donald J. Hendrix
Kevin Jackson
Galen Putnam
Pvt. Park Kwang-mo

Morning Calm

Installation Management Agency-Korea Region Office

Director/Publisher

Brig. Gen. H.T. Landwermeyer Jr.

Public Affairs Officer

John A. Nowell

Editor

Staff Sgt. Mark Porter

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Telephone: 738-5005

Fax: (02) 790-5795

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Mail address: Oriental Press, PSC 450, Box 758, APO AP 96206-0758

Support and Defend

NEWS & NOTES

**Mu Phi Lambda
Information Seminar**

The Mu Phi Lambda Chapter of Alpha Phi Alpha Fraternity, Inc., will conduct an information seminar beginning at 11:06 a.m. July 30, in the Army Community Services Classroom on Yongsan Garrison. Dress is business casual. For information, call Riakos Adams at 010-3125-2494.

**Community Bank
Changes Hours**

All branches of Community Bank located on military installations in the Republic of Korea will be closed Aug. 8 and 20. The bank is normally open Saturdays but will be closed these dates to allow branches to be open Aug. 1 and 15 -- both military pay days. For information, contact the local branch of Community Bank.

Free DMZ/JSA Tour

Visiting and in-country high school and college students of Department of Defense military and civilian personnel, Department of State and DoDDS employees in Korea are invited to a free tour of the Demilitarized zone and Joint Security Area from 9:30 a.m. to 7 p.m., Aug. 3. The program includes historical briefings and tours of Tunnel #3, OP Dora, Camp Bonifas and Panmunjom. Reservations are required and seats are limited. To sign up, call the USFK Public Affairs Office, 723-4685 or send e-mail to deleonc@korea.army.mil. Students must have a valid U.S. military ID card or U.S. passport.

509th PSB Helpline

The 509th Personnel Services Battalion is now offering a call-in service for personnel questions regarding redeployment orders, promotions, clearing and more. On post, call 550-4747. Off post or from a cell phone, call 0505-724-4747.

The line operates from 6 a.m. until 9 p.m., Monday through Friday. After hours and on weekends, callers may leave a message and will be contacted by PSB staff when the office reopens.

**Morning Calm Weekly
Submissions**

Send Letters to the Editor, story submissions and other items to MorningCalmWeekly@korea.army.mil. Submissions may also be mailed to: The Morning Calm Weekly c/o IMA-KORO Public Affairs Unit #15742 APOAP96205-5742 Deadline for submission is close of business the Friday prior to the date the item is to be published. For information, call 738-3355.

1-43 ADA, 10th Fighter Wing ROK honor Korean War fallen

By 2nd Lt. Neia Powell

1-43 ADA Battalion Public Affairs

SUWON AIR BASE — More than 1,000 Soldiers from 1-43 Air Defense Artillery Battalion and the Republic of Korea Air Force's 10th Fighter Wing joined together on Suwon Airbase June 22, to honor and remember the fallen heroes of the Korean War.

The event kicked off with a ceremony on the 10th Fighter Wing's runway, with speeches by ROK Brig. Gen. Choi and Maj. Beaver Huh, 1-43 ADA Bn. executive officer.

The Korean National flag, and the United States flag stood together at the ceremony, as they have done for the last 50 years. Choi summed up the reason for this gathering in a few powerful words, saying, "We gather here today, almost 55 years since the Korean War took place on this soil, to remember and honor the spirits of the brave men and women who fought for this nation's freedom and democracy."

The ceremony continued with a two-mile road march around the ROK flight line and runway, led by the primary staff and Choi. Soldiers from both units cheerfully called cadence as their unit colors marched in front.

The day ended with a spirit de corps sporting event. Soldiers played softball and volleyball, ate traditional Korean food and learned more about each unit's mission. While not the first ROK/US event held here, it was the first event of this magnitude.

Despite the festive atmosphere during the end of the ceremony, the reason for the event was never forgotten. "For over 50 years, the ROK-U.S. alliance has held strong to deter any aggression on the Korean Peninsula in order to maintain



2ND LT. NEIA POWELL

A joint Republic of Korea/U.S. Honor Guard present the colors at a Suwon Air Base ceremony honoring fallen servicemembers of the Korean War.

peace and security," Huh said. "On this day, let us remember those who paid the ultimate price in the defense of freedom and let us never forget their bravery, sacrifice and the legacy that was left to us and to all free people."

The commanders of the units expressed their desire and hope that the friendship and alliance between these two nations would prosper and grow stronger for many years to come. Choi's wish for the future struck the hearts of all present. "Let us bear in our minds the valiant hearts and courage of veterans of the Korean War, and strengthen the friendship between ROK and U.S. men and women stationed here in Suwon. 'Katchi Kapshida.' We go together."

Benefits from Page 1

11, 2005, will receive the increased benefits, as will survivors of servicemembers who die from May 11 on, she said.

The increased benefits are for survivors of servicemembers who die in combat zones, combat operations and combat-related situations, she said. Combat-related situations can include airborne duty, combat training, demolition duty and training exercises, among other things, she said.

A policy designating combat areas and situations was given to the individual services in June, and each service is now reviewing cases. Payments already have begun, but the process of identifying and paying all eligible survivors could take several months, she said.

When the increase in SGLI coverage takes effect Sept. 1, it also will be dated retroactively to Oct. 7, 2001, she said.

In addition to the increased coverage, DoD will pay premiums of \$150,000 for servicemembers involved in combat operations or deployed to a combat zone, Penrod said.

The increase of these two benefits came about as a result of a 2004 study evaluating the adequacy of death benefits for servicemembers, she said.

"There was concern that we weren't recognizing direct sacrifice of life in service to our nation," she said. "That's how the increase was made for those particular situations."

TSP eliminates open season, increases contributor flexibility

Special to The Morning Calm Weekly

YONGSAN — As of July 1, Thrift Savings Plan open seasons have been eliminated. Therefore, individuals may make an election to start, stop or change the amount of their contribution to TSP at anytime.

Capt. Sidney N. Braddy, banking liaison for 175th Finance Command, said that while the open season system did not limit how much could be contributed, it did limit when contributors could manage their account.

"[The old system] did have an effect on your ability to make changes to your account," Braddy said. "You only had two windows of opportunity to start, stop, or make changes to your account. With the elimination of open seasons, you can now make changes at any time."

Servicemembers may contribute up to 10 percent of base pay and up to 100 percent of Incentive or Special pay into the TSP. The maximum tax deferred amount for servicemember contributions in 2005 is \$14,000. In 2006 servicemembers may contribute up to 100 percent of base pay (up to the IRS limit of \$15,000).

Braddy said he believes TSP offers many benefits to those who contribute to the program.

"For me, the first advantages is that

your contributions are made from pre-tax income -- the money is taken out before you are taxed -- which causes you to pay less taxes," he said. "You will not have to pay taxes on the money until you start withdrawing it."

"Secondly, it's an additional way of saving money towards retirement."

Department of Defense civilians who are enrolled in the Federal Employees' Retirement System retirement plan are entitled to receive agency contributions. Civilians in this category will automatically receive a TSP contribution of one percent of base pay regardless of self contribution status.

When a DOD civilian elects to contribute to TSP, a matching contribution is provided, dollar for dollar, up to 3 percent of base pay and fifty cents to the dollar for the next 2 percent of base pay. A matching self contribution must be made to qualify. The maximum amount FERS employees can contribute in 2005 is 15 percent of base pay.

DoD civilians enrolled in the Civil Service Retirement System may contribute to TSP. The maximum amount CSRS employees can contribute during 2005 is 10 percent of base pay.

The Thrift Savings Plan was signed into law Oct. 30, 2000.



Pfc. SHIM YUNG SIK

Gen. Leon LaPorte, commander, United Nations Command/Combined Forces Command/U.S. Forces Korea, poses with students from Sung-nam city's Pung-Saeng High School and their U.S. military and civilian hosts during the students' July 6 tour of Camp Kim as part of the Good Neighbor Program.

'Good Neighbor' tour helps bridge cultural gap

By Pfc. Shim Yung Sik

Eighth U.S. Army Public Affairs

YONGSAN — The Good Neighbor Program and USO hosted a July 6 tour of Camp Kim, Yongsan Garrison, for Korean students from Pung-Saeng High School, located in Sung-nam city.

The Good Neighbor Program has been successful with this tour in the past, creating a bond between U.S. Soldiers and Korean people.

The tour began with a short introduction of U.S. Soldiers who volunteered for this program. Students looked uneasy at first, but involved themselves more with the Soldiers after eating lunch and participating in a variety of activities.

Gen. Leon J. LaPorte, commander, United Nations Command/Combined Forces Command/United States Forces Korea, welcomed the students. He said he was pleased with the Korean students who visited post. He also commented on

the good deeds of the U.S. Soldiers and volunteers involved.

"This is a wonderful program, they had the chance to get a better view of the U.S. Soldiers," said Spc. Jason Owens, 201st Signal Company, who accompanied the tour. "They were great students. They had a lot of energy, great responses and a positive attitude."

After meeting with LaPorte, the students visited Yongsan Garrison's Seoul American High School located. They viewed the facilities and played basketball in the gym.

"I used to have some bad impression of U.S. Soldiers. However, after this program I found there are good things," said Jo Jung Hyun, a 10th-grade student at Pung-Saeng High School. "I had some trouble talking and wasn't ready for this, but it was good opportunity to have a conversation with them. I think I can do better next time."

Signal _____ from Page 1

transformation period.

Additionally, there are no expected changes to the civilian workforce within the battalions.

"As these units transform from their current structure to the new structure over the next couple of years, the Army will recognize the incredible benefits and capabilities they bring to the fight," Hylton

said. "They will move faster, connect faster and bring all the capabilities commanders need to conduct command and control functions throughout theaters of operation."

During fiscal years 2007-2008, four more battalions will transform and two signal companies will restructure to support specialized requirements.

AD

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Base waits for new residents

The changing face of Camp Stanley

By David McNally

Area I Public Affairs

CAMP STANLEY — About 40 military and civilian leaders gathered July 13 to coordinate the move of most of the units on the installation.

The landscape started to change at this U.S. Army airfield in May, when the 2nd Battalion, 2nd Aviation Regiment, and the 2nd Infantry Division Aviation Brigade restationed and reorganized to K-16 Air Base in Seoul.

Today, the Camp Stanley Airfield in Uijeongbu stands mostly silent.

“About 95 percent of our Soldiers are gone, or will be gone,” said Steve Saxby, Camp Stanley deputy installation coordinator. “We’ve got units leaving, and units coming in.”

The turnover will bring Camp Stanley from a population of about 2,800 Soldiers and civilians to about 1,400, Saxby explained.

While aviation was the lifeblood of Stanley's airfield, the installation was also home to the 2nd Infantry Division's artillery, formerly known as DIVARTY.

“We will establish our new headquarters on Camp Casey by July 28,” said Lt. Col. Edward Mount, FIRES Brigade executive officer.

As leaders mulled over issues like installation property book, key control, armor rooms, bulk trash and hazardous materials, Soldiers are preparing for the movement of all their personal effects.

Cable television and Internet services are important Soldier issues.

Ron Buss, Installation Management Agency, Morale, Welfare and Recreation Cable manager, assured leaders the

move should be transparent to Soldiers.

“If a Soldier is remaining in Korea, there is no need to clear our office,” he explained. “Just take the cable box with you to your next installation.”

Buss said if leaders provide a roster to MWR Cable, the television service will continue at the new location. He added there are not any startup or installation charges for the Soldier.

“We want to make things nice and smooth,” he said.

The Army Air Force Exchange Service Internet services concessionaire will require Soldiers to turn in their cable modems, to close their accounts and to reopen them at the next base; however, AAFES officials said they will waive reconnect fees.

“About 95 percent of our Soldiers are gone, or will be gone.”

—Steve Saxby

The new Camp Stanley population will be different from the combat arms troops who

have manned the base since the Korean War.

A major new tenant unit will be the U.S. Army Garrison, Camp Red Cloud Directorate of Public Works. The DPW is currently at Camp Falling Water, near the Uijeongbu Train Station. The DPW is made up of hundreds of Korean workers who maintain and repair Army facilities, care for grounds and remove snow.

The AAFES Northern Region headquarters office will also move from Camp Falling Water.

The 501st CSG headquarters will relocate from CRC to Stanley.

Many other units are scheduled to move to Camp Stanley in the coming months, or have already moved in:

■ 498th Combat Support Battalion



PHOTOS BY DAVID McNALLY

A lone Soldier walks the Camp Stanley main road. The installation is undergoing a major change of tenant units.

- 46th Transportation Company
- 61st Maintenance Company
- 305th Quartermaster Company
- Detachment A, 168th Medical Company
- 304th Signal Battalion
- 15th Korean Service Corps Company

The move has had an impact on the local economy, as well as Morale, Welfare and Recreation, and Army and Air Force Exchange Service facilities.

Fish Keener, the Camp Stanley Lanes manager, said business is slow.

“We’re maintaining the same services,” he said. “We think it’ll be a slow summer. But, we probably have already bottomed out.”

Keener said they are offering more food specials to entice the remaining Soldiers to visit the bowling center.

“Even though we’ll have less people here, I like to look at the demographics.”

Keener said the inbound units are

See **Stanley**, Page 6



Shin Hyon-sop, a Camp Stanley concessionaire owner, laminates photographs. Shin said business has been slow.



NEWS & NOTES

Uiyeongbu Club Off Limits

The U.S. Army Garrison, Camp Red Cloud commander, Lt. Col. William Huber, placed the Train Club off limits July 17. The Uiyeongbu entertainment district club was the site of several violent altercations involving U.S. military members and Korean citizens. There were also several reports of underage drinking at the Train Club. The establishment is off limits effective immediately, Huber said.

Term I College Registration

Area I education offices will register students Aug. 1-12 for Term I classes at the University of Maryland and Central Texas College. Term I will be Aug. 15 - Oct. 8. Stop by the education office to discuss options with a counselor.

Incheon Shuttle Service

The Camp Red Cloud Incheon Express Shuttle now departs CRC at 7:05 a.m. instead of at 6 a.m.

Special Forces Recruiting

Army E-4 through E-7 or O-2 through O-3 (year group 03), with a GT score of 100 or higher, U.S. citizenship and APFT score 229 or above, may qualify for the U.S. Army Special Forces. Weekly briefings are held every Tuesday at 1:30 p.m. and 5:30 p.m. at the Camp Casey Education Center. For information, call 738-1818.

Summer Trips and Activities

The USO, Community Activity Centers and Better Opportunities for Single and unaccompanied Soldiers program all host trips to locations throughout Korea. For information, visit the public affairs intranet site, <http://8army/sites/2id/Staff/pao/default.aspx>. The Pear Blossom Cottages also offer classes, events and services.

Safety Training

The Safety Certification Class for additional duty unit safety officers and noncommissioned officers will be at Building S-1504, Camp Casey at 1 p.m. the second and fourth Friday of each month. For information call 730-4234.

Commissary Spending

All U.S. Forces Korea members registered in the Defense Biometrics Identification System can now view their commissary spending online at <https://pimsk.korea.army.mil>. Some DBIDS registration information is also shown to assist USFK members in keeping their registration information current. If any corrections need to be made, visit any DBIDS registration center to update information.

Soldiers test knowledge at Manchu Stakes



PHOTOS BY PVT. VICTORIA MOOR

A 2nd Infantry Division Soldier tests his grenade-throwing abilities June 29 at the Camp Casey "Manchu Stakes" training event.



By Pvt. Victoria Moor
2nd Infantry Division Public Affairs

CAMP CASEY — The Indianhead Soldiers concentrated at the task at hand.

■Step one: load a .50-caliber machine gun.

■Step two: correct all malfunctions on the .50-caliber machine gun.

■Step three: unload and clear the .50-caliber machine gun.

This was one of 40 tasks 2-9 Infantry Combined Arms Battalion Soldiers completed June 29 during "Manchu Stakes."

Manchu Stakes is a semi-annual week-long training event, which takes place when the command feels the need.

"This training is important because our skills are perishable," said Sgt. Derric Palmer, combat engineer. "We never know when we will need them."

Soldiers trained until they received a go in every station, explained 1st Lt. Edward Beatty, 2-9 Infantry (CAB) S-1 officer.

The Soldiers, part of the new combined arms battalion concept, were mostly tankers, engineers and forward support personnel.

Experienced noncommissioned officers tested the troopers in weapons familiarization and warrior tactics.

The cadre were leaders who recently earned the Expert Infantry Badge.

E-mail victoria.moor@korea.army.mil

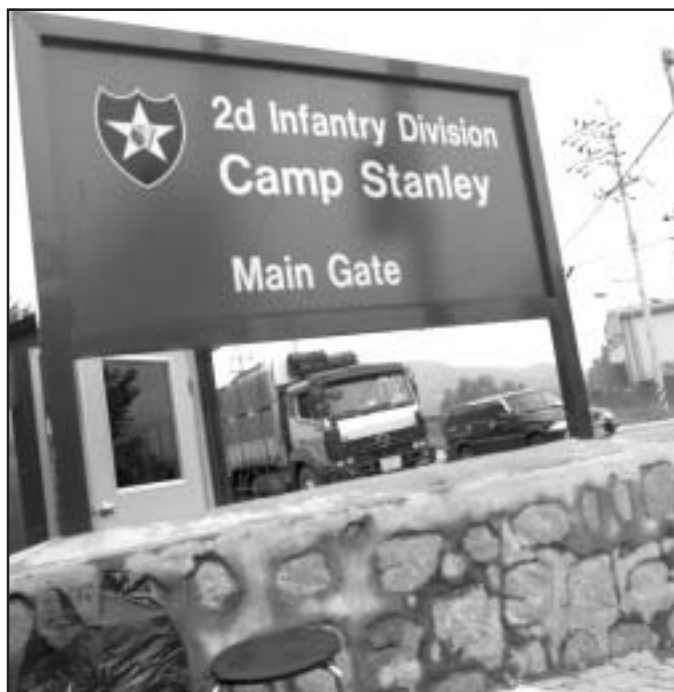


Above: A Soldier prepares a dummy Claymore mine.

Left: An Indianhead Division trooper prepares to toss a dummy grenade and pass his task.

Stanley

from Page 5



DAVID McNALLY

Today, the Camp Stanley Airfield stands mostly vacant.

made up of combat support Soldiers "We may have the same level of business, even with less people," he said. "These Soldiers may have more disposable income."

Keener said a good indicator of how many people have left Camp Stanley is the number of Soldiers signed up for an upcoming bowling tournament.

"Right now we've only got eight people signed up," he said. "Normally, we'd have between 16 and 20."

The unit moves are proving to be a massive undertaking. As units clear their old buildings, new units are preparing to sign for them.

The 46th Trans. Co., part of the 501st Corps Support Command, signed for all the furniture and equipment in the old Aviation Brigade Dining Facility July 13.

The dining facility is one of two on the installation; however, officials said after the move, the Thunder Dining Facility will close its doors for good. The new post population will only be able to support one dining facility.

"A lot of the work will be finished by the end of next month," Saxby said. "It'll pick back up around here."

E-mail david.mcnally@us.army.mil

Warrior kids report to Camp Adventure

By David McNally

Area I Public Affairs

CAMPADVENTURE — Twenty-four Warrior Country children are spending six weeks together at "Camp Adventure."

Throughout the peninsula there are similar day camp programs at U.S. Army installations.

In Area I the Camp Red Cloud group is filled with happy kids enjoying summer activity bonanzas.

The children range from six to 13 years old.

"That's a challenge," said Camp counselor Nathan Joyce. "Because of the age range, what might be entertaining to a six-year-old, isn't so much fun for a 13-year-old."

But the group takes a field trip every week, and the kids said that was a high point of the camp.

"My favorite part of it is the field trips," said Alexis, 12. "Yesterday we went to Seoul Grand Park."

Alexis said they saw the dolphin show. At that, many other kids jumped up to agree.

"If I wasn't here, I'd probably be home playing video games," Alexis said. "This is fun."

Young camper Jason agreed. "My favorite part is the swimming," he said.

Camp Director Stephanie Healy is back in Warrior Country for the third consecutive year.

She said there are between 40 and 50 Camp Adventure counselors in Korea this summer.

"They are putting special emphasis on Korea," Healy said. "This is where the program began and

Camp Adventure is celebrating its twentieth anniversary."

The program started in Korea in 1985. Now, it brings university students-turned counselors to U.S. military installations across the globe.

The camp is not only an adventure for the children. Joyce has never been a camp counselor before, but he has taught swimming and worked with kids in a nursery school before.

"I'm a student at the University of Iowa," he said. "This has been a great opportunity to come visit Korea."

The counselors went through an extensive selection and training program to become Camp Adventure workers.

Activities include swimming, sports, social activities, arts and crafts, and field trips. The counselors even gathered children's families for a barbecue July 15 at the CRC Community Activity Center.

"I am having a blast," Healy said. "I really enjoy Korea. It is a great opportunity for us to work with kids, and provide a fun summer for them."

Because Area I is a family-member restricted region, many children are in noncommand-sponsored families. This means Soldiers pay the transportation and housing costs out of pocket to get to and to live in Korea.

"There were other camps in Korea this summer," said Healy. "But this camp was special because we got to spend more one-on-one time with the kids."

The Camp Red Cloud day camp started June 20 and will finish Aug. 19.

E-mail david.mcnally@us.army.mil



Camp Director Stephanie Healy works through a puzzle July 15 with two Camp Adventure members.



Twenty-four children attend the Camp Red Cloud Camp Adventure program June 20-Aug. 19.



Yasmine, 9

"If I wasn't here, I'd probably be home playing video games."

—Alexis, 12



Camp Adventure counselor Nathan Joyce finds working with the children to be an enjoyable challenge. Joyce is a student at the University of Iowa.

PHOTOS BY DAVID MCNALLY

Area II welcomes new commander



Col. Ronald C. Stephens addresses Soldiers and guests at the Area II Support Activity change of command ceremony July 14 at Yongsan Garrison's Knight Field.

By Steve Davis and Sgt. Christopher Selmek

Area II Public Affairs

YONGSAN — Col. Ronald C. Stephens assumed command of the Area II Support Activity during a July 14 ceremony at Yongsan Garrison's Knight Field.

On a gleaming parade field under bright skies, Stephens took over from Col. Timothy K. McNulty, who commanded both the 34th Support Group and the Area II Support Activity during his two-year tenure.

The Area II Support Activity, activated in October 2003, is part of the Installation Management Agency-Korea Region Office responsible for base operations, noncombatant evacuation and force protection in four U.S. areas in the Republic of Korea. Area II Support Activity supports more than 25,000 Soldiers, sailors, airmen civilians, contractors and family members, and 132 tenant units on Yongsan Garrison and outlying installations in the greater Seoul area.

"I've have big shoes to fill, but I will work hard to maintain your many successful programs," Stephens said in his speech following the passing of the unit colors.

"My mission is serving Soldiers, and part of serving Soldiers is taking care of their families. They deserve

the best quality of life we can give them. I intend to provide that by working with the great people in Area II and the senior leadership to make this the best place to work and live on the Korean peninsula."

Stephens, who holds a master's degree in telecommunications from the University of Colorado and a master's in national resource strategy from the National Defense University, is an Operation Desert Storm veteran who has served in a variety of leadership positions, including Information Assurance Branch Chief, J6, Joint Staff at the Pentagon and Combat Support Arms Division Chief, Human Resources Command, among others.

"Let me say what a pleasure it is to be back in Korea," said Stephens. "I was very fortunate to have served in the 2nd Infantry Division in 1983. I look forward to learning more about the Korean culture and making some lifelong friends in the process. My wife Ann and three sons are excited to be here today."

Installation Management Agency-Korea Region Office Director Brig. Gen. H.T. Landwermyer Jr. commended

See **Commander**, Page 11

BOSS holds pool party, luau at Camp Coiner

By Sgt. Christopher Selmek

Area II Public Affairs

YONGSAN — Better Opportunities for Single and unaccompanied Soldiers hosted a luau party July 16 at Pool #3, featuring music, free food and lots of fun by the pool.

This was one of multiple BOSS events scheduled for the summer, including water rafting July 30 and the baseball game July 31.

"BOSS is a great way for single Soldiers to be involved in the community," said Pfc. Danielle Colson, Area II BOSS president. "Single Soldiers make up 35 percent of today's Army, and BOSS is their voice. If we expect them to support us, then we have to support them with events like this, and

we intend to keep everybody happy."

BOSS events are designed to offer alcohol-free ways for Soldiers to enjoy themselves here on Yongsan.

According to many attending the luau, there are many great reasons for participating in BOSS.

"It's for single Soldiers, so they know exactly what we like to do," said Pvt. Jessica Johnson, 41st Signal Brigade. "I'm new here, but judging by today, I think I'm definitely going to participate in the future."

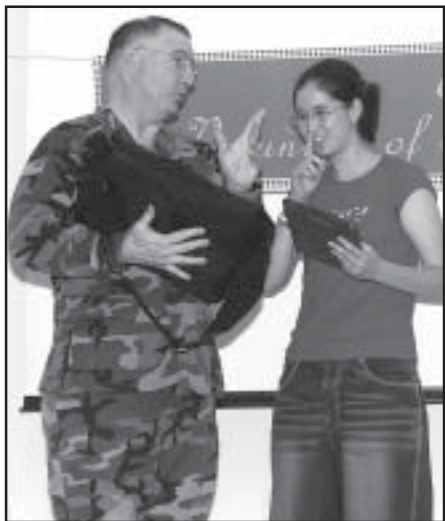
For information about BOSS and scheduled events, see your unit BOSS representative or e-mail boss_in_korea@yahoo.com.

E-mail Christopher.M.Selmek@us.army.mil



Sgt. Christopher Selmek

Pvt. Jessica Johnson, 41st Signal Brigade, makes a lunge for the beachball while her friend, Pfc. Vanessa Covarrubias, 1st Signal Company, recoils from the splash. The two participated in the Better Opportunities for Single and unaccompanied Soldiers Luau, July 16 at Pool #3.



Sgt. Christopher Selmek

Michelle Miles, 16, receives the Youth Volunteer of the Quarter award from Col. Timothy K. McNulty, former Area II commander, at the Volunteer of the Quarter award ceremony July 13 at the Army Community Services Building.

Volunteers of the Quarter named at ACS ceremony

By Sgt. Christopher Selmek

Area II Public Affairs

YONGSAN — The Area II youth and adult volunteers of the quarter were named during a ceremony July 13 at the Community Service Building.

They were chosen from among 12 youth volunteers and seven adult volunteers submitted for recognition by Area II tenant activities.

"This represents an increase in youth volunteers more than double what we had last year," said Brenda McCall, chief of Family Support Division, a statement punctuated by spontaneous and enthusiastic applause from the

sizable crowd gathered for the presentations.

Michelle Miles, 16, received the Youth Volunteer of the Quarter award for her involvement in Seoul American High School's Keystone Club, a youth volunteer program similar to the Torch Club at the middle school.

"I want to do something, not just for me but for the whole community," she said. "When you help others you feel good, and I think it helped me to feel good about myself."

Miles credits the Keystone Club with much of the reason the volunteer rate among youths has gone up this year.

"When the time was right, people just came together and got things done," she said. "It was so awesome. I even saw people who weren't part of Keystone Club getting involved. I think it really motivated people, and the word of mouth helped too."

Miles gave of her time to support school dances as well as various beautification projects around post. She says she will probably continue to volunteer for as long as she remains here at Yongsan.

Sgt. Letisha Spaulding, 304th Signal Brigade, won the Adult

See **Volunteer**, Page 10

Cancer Support Group needs facilitator

By Steve Davis

Area II Public Affairs

YONGSAN — Diagnosed with breast cancer in Korea, Amy Hazard needed someone to turn to in 2000. The hospital told her about a cancer support group called “Facing Forward.”

“I was so scared when I heard the word ‘cancer’ and needed someone to talk to,” said Hazard. “At the time, there were eight or 10 people in the group. I went to meet them the following day.

“They really helped me deal with my cancer; they were going on with their lives and happy as they could be,” said Hazard. “I was lucky because we caught it in the first stage and I didn’t need chemotherapy.”

She said she had successful surgery and moved from Korea to Germany for two years with her husband Chuck, a management analyst, then to the United States for a year.

“I was diagnosed with breast cancer again in March 2003 in Memphis and we came back to Korea in July,” said Hazard.

On chemotherapy this time, Hazard said she was looking forward to joining the “Facing Forward” support group again.

“When I got here, I found out that the support group was gone,” she said. “Most everyone had moved or become disconnected.”

Knowing there were others in Korea with cancer, Hazard started the group again with the help of Alexander Carter, coordinator for the Army Community Service’s Exceptional Family Member Program.

“We got it going again, mostly by word of mouth,” she said.

“Facing Forward” meets every third Tuesday of the month at different locations. Hazard said the number of regular participants varies.

“Meetings are a source of strength for some of us. Others need their privacy, but network with us when they need to talk,” said Hazard.

She said the group is not just for people diagnosed with cancer. It also supports people stationed in Korea who may have a relative with cancer in the States or elsewhere.

“I’ve been in touch with more than a hundred of people in Korea who either have cancer or who need support because a loved one has cancer,” said Hazard. “Cancer has a dramatic impact on your life.”

Hazard said cancer patients have some very immediate concerns.

“Your health and treatment options are naturally your first concerns,” she said, “then there’s your mental attitude and worries about the impact the disease will have on your family and marriage.

It’s really tough.”

Rather than going it alone, Hazard encourages anyone in Korea with cancer or who may have a family member with cancer, to contact “Facing Forward.”

“We do all kinds of things to support each other,” said Hazard. “We call each other regularly, send each other e-mails or cards of encouragement, go out to dinner and even do sports together. We are there for each other.”

Hazard said they help each other a lot, particularly when they have to go to Korean hospitals for chemotherapy or other treatment.

They also educate others about cancer. Hazard said she went to a Girl Scout meeting at Yongsan Garrison during Breast Cancer Awareness Month in October to discuss breast cancer and the need for self-exams and mammograms.

“The girls told me I helped them understand cancer a lot better and they weren’t so scared about it,” said Hazard.

Carter said the cancer support group has had a positive impact on those who participate in it.

“The group gives members a way to share information and to network. The need is here,” said Carter.

Hazard, who has facilitated the group for two years, is on her way to



By STEVE DAVIS

Amy Hazard

Germany again.

“We’re going to miss Amy. People know her. She was the perfect person for the job,” said Carter. “Now we’re looking for a new facilitator.”

Anyone interested in facilitating the “Facing Forward” cancer support group or networking with it should call Carter at 738-5311.

E-mail DavisSt@korea.army.mil

Fitness still a concern for aging Soldiers

By Sgt. Christopher Selmek

Area II Public Affairs

YONGSAN — Fitness concerns for Soldiers over 40 was the main topic of a Senior Leader Health and Fitness seminar hosted by the director of the Army Physical Fitness Research Institute recently at the Multi-Purpose Training Facility.

According to Col. Thomas Williams, until 20 years ago it was considered too dangerous for Soldiers over 40 to participate in physical training, an attitude that has since changed considerably.

“If you aren’t already at that age, you should recognize that you will be soon, and you need to think about how you can be healthy when you get there,” said Williams.

Physical activity seemed to be the greatest source of hope for the aging, with daily exercise reducing a person’s risk of heart problems, osteoporosis and obesity, as well as improving overall mortality.

“Every person should do at least 30 minutes of exercise a day,” said Williams. “Keep in mind, 30 minutes is the recommendation for everyone,

including your 80-year-old grandma. You really need to do more than that if you’re going to continue the practice well into your 80s.”

People who think that increased exertion can cause heart attacks should consider that the risk of heart attack is 56 times greater for sedentary men who begin exercising, as compared to the five times greater risk for active men while they exercise, according to Williams.

“You are only as old as your vascular system,” said Williams. “If you prematurely age your blood vessels by not exercising and not watching what you eat, then you’re only cutting years off your own life.”

Williams said statistics show 64 percent of Americans, or about 123 million people, are overweight and that 300,000 people die prematurely each year because of poor lifestyles.

“The fitness culture of America has changed,” he said. “Many of you who work with young Soldiers should be aware that they might be experiencing this kind of fitness training for the first time from you.”

Williams also stressed the importance of eating

right, meaning three good meals a day from every section of the food pyramid.

“Your liver is a battery for about an hour of glucose,” he said. “If you try to loose weight by dieting, you go on your morning jog without eating breakfast, where does that extra glucose come from? Your body starts breaking down lean muscle mass, and once that happens your metabolism slows down and you end up counteracting just what you’re trying to do.”

Williams wants everyone to think about fitness and general health, not only as an aspect of military readiness, but for themselves.

“There are a lot of factors that we can control that make a big difference in our general health and the health of people around us,” said Col. Brian Allgood, commander, 18th Medical Command. “It’s never too early to start thinking about fitness, and it’s also never too late. There’s a lot of good we can do if we only try.”

E-mail Christopher.M.Selmek@us.army.mil

from Page 9

Volunteer

Volunteer of the Quarter award, but was not available to receive it. Eric Yim, who nominated her for the award, accepted in her stead.

“She was in charge of the Better Opportunities for Single Soldiers program,” said Yim. “But it wasn’t just that. She spent so much time trying to get Soldiers to participate, even in her off-duty hours, that I knew she was worthy of recognition.

“She loves working with Soldiers, and she has an outstanding personality,” he continued. “You can tell just by being with her, she loves it.”

Each nominee received an award certificate, as well as a gift bag with coffee mug, T-shirt, hat and other ACS-related items. The winners received gift certificates and special congratulations from Col. Timothy K. McNulty, then

Area II commander.

“It is very opportune that one of my last acts as Area II commander is to honor the volunteers,” said McNulty. “This year you gave me a check for \$3.2 million, representing the money you saved through your hard work and dedication. The volunteers we had have been pulling more hours, and the youth have been stepping up to the plate getting even more

things done.

“We talk about Area II being THE assignment of choice, and the reason why is all about participation,” he said. “The reason our community is so great is because we have so many people who care enough to do something. We want to recognize you and show you how much good you have done.”

E-mail Christopher.M.Selmek@us.army.mil

Commander from Page 9

McNulty and his wife Kathy for their leadership of Area II.

“Today we bid farewell to an outstanding command team and family, Col. Tim McNulty and his wife Kathy and their five children,” said Landwermeyer. “Their time here in Yongsan has involved many challenges, and this command team accomplished every one of them with style, a smile on their face and true joy in their hearts.

“Even when faced with probably the most fiscally challenging period I’ve witnessed in my entire career, Tim, Kathy and their team took it in stride and continued to provide outstanding support to the community,” said Landwermeyer. “I don’t think I’ve ever seen a garrison command team that got as much sincere enjoyment out of the daily challenges of this mission . . . and I don’t think I’ve ever seen a community embrace its garrison command like Yongsan has the McNultys.”

McNulty – known for the “Area II: THE Assignment of Choice” slogan he often coached others to repeat – thanked those who supported him during his tenure as Area II commander.

“We’ve enjoyed such phenomenal success over the past two years,” said McNulty.

He cited as examples the largest youth sports program outside of the continental United States, accreditation of the School Age Services, Child Development Center and Army Community Service programs, the opening of a Multi-Purpose Training Facility, Burke Towers housing, new enlisted barracks, and a bridge over Itaewon Boulevard connecting Yongsan’s Main and South posts, as well as nearly \$2 million program to renovate enlisted barracks and to increase the number of quarters available to mid-grade enlisted Soldiers and support for



PHOTOS BY STEVE DAVIS

Brig. Gen. H.T. Landwermeyer Jr., center, inspects Area II Support Command Soldiers and Korea Service Corps platoons with outgoing commander Col. Timothy K. McNulty and Commander of Troops Maj. Charles Chang during the Area II change of command ceremony July 14 at Yongsan.

“a multitude” of theater-level exercises.

“Thank you for allowing me to serve you,” said McNulty. “It is through all our efforts that we have made Yongsan and Area II, now repeat after me . . . THE assignment of choice.”

After many of those gathered repeated “THE assignment of choice,” McNulty bowed graciously as the ceremony concluded.

McNulty was awarded the Legion of Merit medal and his wife Kathy was awarded the Dr. Mary Walker Award and the Helping Hand and Public Service awards by Landwermeyer prior to the change of command ceremony.

Following the change of command ceremony, Stephens and his wife Ann were welcomed at a reception at Commiskey’s on Yongsan South Post.



Col. Ronald C. Stephens receives the colors of the U.S. Army Area II Support Activity from IMA-Korea Region Director Brig. Gen. H.T. Landwermeyer Jr., July 14 at Yongsan. Area II is one of four IMA-KORO regions tasked with base support, force protection and non-combatant evacuation missions.

Ad goes here

NEWS & NOTES

South Post Power Outage

A scheduled power outage to replace a transformer at the Seoul American Elementary School will affect large parts of Yongsan South Post Saturday from 8:30 a.m.-1:30 p.m. Many facilities along 8th Army Drive will be without power during that time, including South Post Chapel, Burger King and Popeye's, the youth center, the Multi-Purpose Training Facility, the shoppette and furniture store, Commiskey's and Seoul American Elementary School. The Thrift Shop and the Chosun Gift Shop also be affected.

Burke Towers and many residences, including bachelor officer and enlisted quarters will be affected, particularly on the hillside in the IX Corp Blvd. and Gate 8 areas. The commissary, Dragon Hill Lodge and the Embassy Association, including Starbucks and the sub shop, will have power.

Directorate of Public Works personnel will post notices on as many residences and billets as possible. A map of the affected area is currently showing on the Commander's Access Channel (Channel 3).

Commander's Hotline

Area II residents who have questions or comments for the Area II commander can voice them by e-mailing areaiitownhall@korea.army.mil or by calling 738-3484.

ACS 40th Birthday

Army Community Service will host a 40th

birthday celebration 11 a.m. – 2 p.m. today at the Community Services Building. There will be a barbecue, prizes and face painting for kids. For information, call 738-7505.

CSP Closure

All area Customer Service Points (CSP/CIF) will be closed today for training. For information, call 753-5807.

Housing Office Hours

Through Aug. 25, the Yongsan Housing Office (Bldg. 4106) will be open 8 a.m. – 4 p.m. Monday – Friday, including lunch hours. For information, call 738-4069.

Yongsan Filling Station Hours Extended

Weekend hours have been extended two hours at the Yongsan Filling Station. Hours are now 7 a.m.-7 p.m. Mon.-Fri. and 8 a.m.-7 p.m. Sat.-Sun.

Army Community Service Events

Army Community Service will host a Status of Forces Agreement Stamp Service Tuesday at the ACS Relocation Readiness Program, Building 4106, Room 118. For information, call 738-4617. There will also be a basic computer class Wednesday at the ACS Employment Readiness Program, Building 4314. For information, call 738-8977.

ARC Health and Safety Services

American Red Cross will host a baby-sitting class, 9 a.m. – 5 p.m. Saturday. There will

also be a New Volunteer Orientation, 9:30 a.m. – noon, Aug. 18. Registration is available in the American Red Cross office located upstairs in the Moyer Community Services Center. For information, call 738-3670.

BOSS Rafting Trip

Better Opportunities for Single and unaccompanied Soldiers is planning a water rafting trip 6 a.m. – 5 p.m. July 30 at Nelinchon-Kangwondo Inje. The cost is \$30 and the event is open to all Soldiers. Sign-up and pay is at the Moyer Community Services Center. For information, e-mail boss_in_korea@yahoo.com.

Good Neighbor Event

The Camp Kim USO will host a Good Neighbor event 12:15 – 4 p.m. Thursday. Forty children are coming to the USO to meet and get to know U.S. servicemembers. You'll eat lunch together and then go bowling. Donate just four hours of your time to help build a stronger ROK-U.S. relationship; volunteer for one or both days. For information, call 724-7781 or 749-6429.

Yongsan Lanes Closure

The Yongsan Bowling Center, including the snack bar and game room area, will be closed Aug. 1–12 for scheduled lane resurfacing. For information, call 723-7830.

Women's Equality Day

A Commemoration Breakfast for Women's

Equality Day will be held 7:30 – 9 a.m. Aug. 3 at the Dragon Hill Lodge. Judy LaPorte will be the guest speaker. The cost is \$8. For information, call 738-5900 or 738-5950.

Summer Reading Club

All five- to 12-year-olds are invited to experience a summer-long reading fantasy called "Dragons, Dreams & Daring Deeds" at the Yongsan and Hannam Village Libraries at 1 p.m. through Aug. 5. For information, call 723-7300.

National Kids Day

Area II Child and Youth Services will celebrate National Kids' Day Aug. 6. The day begins with a community 5 K fun run at 8 a.m. Runners will receive a National Kids' Day T-shirt and first and second place winners will receive prizes. A fun-filled afternoon of games and family activities will be held from 1-4 p.m. on Field #5. The first 100 children will receive a free T-shirt. Celebrate this day with your children. Food will be available. Inclement weather schedule is the CYS Youth Sports Gym. For information, call 738-5556.

Camp Adventure

Yongsan/Hannam School-Age Services and Camp Adventure Youth Services will host summer recreation programs for children first through fifth grades through Aug. 19. Program activities include weekly field trips, swimming, arts and crafts, songs, games, and individual age group activities. For information, call 738-4707 or 723-4522.

Ad goes here

ROK traffic laws different from U.S. fender benders

By Hyun S. Kim
International Affairs

As many Americans may have experienced, traffic accidents in Korea are handled differently than in the United States. These differences may generate confusion, misperceptions and false or exaggerated rumors.

Because the U.S.-Republic of Korea Status of Forces Agreement gives the U.S. military the primary right to exercise jurisdiction over “official duty accidents” (involving an active-duty Soldier in a government vehicle on official duty), they are not subject to civil or criminal

liability under Korean law.

Those Soldiers will be punished, if

appropriate, by their commanders in accordance with U.S. laws and regulations. This SOFA protection does not apply to U.S. civilian employees driving government vehicles on official duty, or to Soldiers driving private vehicles.

Different country, different system

In the United States, civil liability

and the traffic court system are separate. In some respects, the two concepts (civil liability and criminal/traffic code violations) are merged under Korean laws.

Under Korean law, anyone who drives an automobile is considered a “professional” driver and is held to a very high standard of duty to prevent accidents. The Road Traffic Law provides penalties for violating these standards. These penalties range from a small fine to imprisonment. Anyone who violates any of the rules and causes damage to property of another is subject to a penalty. Anyone who breaches the

duty of care and causes the death or injury of another may be charged with “occupational negligence, resulting in death or injury” under the ROK Criminal Code.

Special law

Overriding the Criminal Code in some traffic accidents is a special statute called “Special Law Concerning Disposition of Traffic Accidents.” Under the “special law,” any driver of an automobile

who has committed the offense of occupational negligence resulting in injury, or anyone who has caused property damage to another, cannot be prosecuted if the driver obtains a private settlement from the victim.

This law also prohibits prosecution if the driver is insured by a policy that pays all medical expenses regardless of fault or by agreement of parties.

This “no-prosecution” provision, however, does not apply if the driver commits certain traffic violations. Examples of these violations are:

- a hit-and-run accident with injury;
- ignoring a traffic signal or a police officer;
- crossing the center line of a road;
- exceeding the speed limit by more than 20 kilometers per hour;
- failing to protect a pedestrian in a crosswalk; or,
- operating a vehicle under the influence of alcohol or drug as prohibited by the Road Traffic Law (the allowable blood/alcohol concentration levels for DUI under Korean law are much lower than under U.S. law).

Private Settlements

Even if one of these aggravating factors leads to criminal prosecution, private settlement is an

important factor in the Korean criminal justice system. If a driver ends up in a Korean court, a private settlement can make the difference between a small fine or a suspended sentence and imprisonment. A private settlement is not considered bribery or an admission of guilt. Investigating police officers encourage settlements between parties. In minor cases, the investigating officer may even encourage a private settlement at the scene of the accident.

U.S. drivers do not have to carry large amounts of Korean currency to pay an injured party involved in an accident. Rather, one who drives a POV must carry sufficient insurance.

A military member driving a government vehicle on official duty is subject to U.S. primary jurisdiction and does not need to worry about a private settlement. A civilian employee involved in an accident while driving a government vehicle on official duty should contact the servicing Judge Advocate General’s office, the International Affairs Division of the USFK Judge Advocate’s Office (723-8707), or the U.S. Armed Forces Claims Service, Korea (738-8159) for assistance.

Now Showing

July 22-28

AAFES

REEL TIME

Now Showing At
THEATERS IN KOREA

For movie listings call, visit theaters or visit www.aafes.com online. Schedules are subject to change.

AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CASEY 730-7354	Mindhunters R	Mindhunters R	War of the Worlds PG-13	War of the Worlds PG-13	The Longest Yard PG-13	The Longest Yard PG-13	Star Wars: Episode III PG-13
ESSAYONS 732-9008	Kingdom of Heaven R	Fever Pitch PG-13	Monster-In-Law PG-13	No Show	Unleashed R	Unleashed R	War of the Worlds PG-13
HENRY 768-7724	Monster-In-Law PG-13	Star Wars: Episode III PG-13	Herbie: Fully Loaded G	Unleashed R	No Show	No Show	No Show
HUMPHREYS 753-7716	War of the Worlds PG-13	War of the Worlds PG-13	War of the Worlds PG-13	Mindhunters R	Mindhunters R	Crash R	Crash R
HIALEAH 763-3120	Herbie: Fully Loaded G	State of the Union PG-13	Kingdom of Heaven R	No Show	No Show	No Show	No Show
HOVEY 730-5412	Unleashed R	War of the Worlds PG-13	Mindhunters R	Star Wars: Episode III PG-13	War of the Worlds PG-13	Star Wars: Episode III PG-13	The Longest Yard PG-13
KUNSAN 782-4987	Batman Begins PG-13	Batman Begins PG-13	Batman Begins PG-13	No Show	The Longest Yard PG-13	The Longest Yard PG-13	Guess Who PG-13



Kingdom of Heaven -- Balian is mourning the deaths of his wife and baby when his father arrives and asks him to join the Crusades in Jerusalem. Balian agrees, and embarks on the perilous journey. Along the way, he reveals his gifts of inherent goodness and fair treatment of all human beings. Upon reaching Jerusalem, a city where his meager beginnings no longer matter, Balian earns respect.



Unleashed -- Danny has been kept as a near prisoner by his "Uncle" Bart, since boyhood; trained to attack and, if necessary, kill. Danny knows little of life, except the brutal existence that Bart has so cruelly and cruelly fashioned for him. But when Danny has a chance encounter with a soft-spoken blind piano tuner Sam, he senses true kindness and compassion for the first time.



Fantastic Four When an experimental space voyage goes awry, four people are changed by cosmic rays and endowed with super powers -- ranging from invisibility to the ability to control fire and to stretch their body. Together, they use their unique powers to explore the strange aspects of the world, and to foil the evil plans of Doctor Doom.



Mindhunters On a remote island, the FBI has a training program for their psychological profiling division, called "Mindhunters", used to track down serial killers. The training goes horribly wrong, however, when a group of seven young agents discover that one of them is a serial killer, and is setting about slaying the others. Can the few that are left figure out who the killer is in time?



War of the Worlds Ray is a working class man living in New Jersey. He's estranged from his family, his life isn't in order, and he's too caught up with himself. But the unthinkable and, ultimately, the unexpected happens to him in an extraordinary sense. His small town life is shaken violently by the arrival of destructive intruders: Martians which have come en masse to destroy Earth.



Herbie: Fully Loaded Maggie, the new owner of Number 53 - the free-wheelin' Volkswagen bug with a mind of its own - puts the car through its paces on the road to becoming a NASCAR® competitor. Herbie's got some new tricks under his hood.

AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LONG 721-3407	A Lot Like Love PG-13	Sisterhood of the Traveling Pants PG	Sisterhood of the Traveling Pants PG	Sahara PG-13	No Show	No Show	No Show
OSAN 784-4930	Fantastic Four PG-13	Fantastic Four PG-13	Fantastic Four PG-13	The Longest Yard PG-13	The Longest Yard PG-13	Monster-In-Law PG-13	Unleashed R
RED CLOUD 732-6620	War of the Worlds PG-13	Unleashed R	Unleashed R	Star Wars: Episode III PG-13	Star Wars: Episode III PG-13	No Show	Fantastic Four PG-13
STANLEY 732-5565	Mindhunters R	Mindhunters R	Star Wars: Episode III PG-13	Star Wars: Episode III PG-13	No Show	Fantastic Four PG-13	The Longest Yard PG-13
YONGSAN I 738-7389	Fantastic Four PG-13	Fantastic Four PG-13	Fantastic Four PG-13	Star Wars: Episode III PG-13	Star Wars: Episode III PG-13	Mindhunters R	Mindhunters R
YONGSAN II 738-7389	Fantastic Four PG-13	Fat Albert PG	Fat Albert PG	The Incredibles PG	The Incredibles PG	Son of the Mask PG	Son of the Mask PG
YONGSAN III 738-7389	Monster-In-Law PG-13	Monster-In-Law PG-13	Monster-In-Law PG-13	Sahara PG-13	Sahara PG-13	Sahara PG-13	Sahara PG-13

Many serve themselves instead of their God

By Chaplain (Capt.) Charles Lahmon
25th Transportation Battalion

Television, radio, internet, billboards and magazines bombard us with a message that charms, manipulates and draws many people into a web of bondage and destruction. The message conveyed to us on a daily basis is to embrace the “material things” of this world as our source of security, to claim ownership over the things we possess, and to live a life of self gratification.

How many of us place too much of our faith in the things we possess and so little faith in the God we are called to serve? How many of us think that the things we have will sustain us through life? The reality is, cars can break down, houses can burn up and money can lose its value overnight. With little warning, the things of life can be washed away. “Things” are

unstable, unreliable and are here today and gone tomorrow. God is the only one who is stable, constant, reliable, consistent and faithful in all ways.

How many of us claim ownership over the things that we have and so often fail to give God the honor he deserves? How often do we fail to acknowledge that we are just stewards of what God has placed in our hands and that true ownership belongs to him? The psalmist declared that “the earth is the Lord’s, and everything in it, the world, and all who live in it; for he founded it upon the seas and established it upon the waters” (Psalm 24:1-2, NIV).

No person, place or thing is exempt from God’s ownership. God has no shareholders, no partners — he is the sole owner of it all. It is his because he created it. He is the Maker of heaven and earth and he holds title to everything. May we recognize God

as the one who is truly Lord of all.

How many of us live lives of self gratification where our motto is, “ME, ME, ME?” How many of us hoard the resources that we have and strive to get more when God is calling us to turn our hearts toward the needs of others? Are we responding to a world that is stricken with poverty and brokenness? God has blessed us so that we might be a blessing to others.

As we serve here in the Republic of Korea, may we not center our lives on material things but may we be rich toward God. May we place our security and our faith in God and not in the things we possess. May we honor God as the owner of all that we have. May we be willing to take our focus off of ourselves and look outward toward the needs of others.

Area II
Worship Services

Catholic Mass	Sunday	8 a.m.	South Post Chapel	Collective	Sunday	8 a.m.	Memorial Chapel	KCFA	Thursday	6:30 p.m.	Memorial Chapel			
		11:30 a.m.	Memorial Chapel			9:30 a.m.	121 Hospital Chapel		2nd Tues.	11:45 a.m.	Memorial Chapel			
	Tuesday	12:05 p.m.	121 Hospital Chapel			9:30 a.m.	Hannam Village Chapel (Korean)		3rd Tues.	11:45 a.m.	Memorial Chapel			
		7 p.m.	South Post Chapel			10:30 a.m.	K-16 Community Chapel		Sunday	5 p.m.	Memorial Chapel			
	Mon.-Wed., Thurs.-Fri.													
		12:05p.m.	Memorial Chapel											
Jewish	Saturday	5 p.m.	Memorial Chapel		11 a.m.	Hannam Village Chapel	Area II Chaplains	Chaplain (Lt. Col.) Vincent Burns BurnsV@korea.army.mil or DSN 725-2955 Chaplain (Lt. Col.) David Colwell David.Colwell@korea.army.mil or DSN 738-4043						
	Friday	6 p.m.	South Post Chapel		noon	South Post Chapel (Gospel)								
Protestant Services				Collective	Sunday	10 a.m.					South Post Chapel	For information on services, call 738-3011.		
	Episcopal	Sunday	10 a.m.		Memorial Chapel						6 p.m.			
	United Pentecostal	Sunday	1:30 p.m.		Memorial Chapel	Korean	Tuesday	6 p.m.	Camp Colbern Chapel					
	Church of Christ	Sunday	2 p.m.		South Post Chapel									
Church International														

Ad goes here

Street Cuisine

Gastronomic adventures attract attention in most Korean cities

By Sgt. Park Jin-woo

Area II Public Affairs

Fancy restaurants with overpriced service charges are not the only place to have a fulfilling meal. More adventurous diners might try another type of cuisine.

The streets of Korea are filled with an assortment of food, tidbits that are quite often unfamiliar to most foreigner's eyes, yet a popular quick snack for Koreans young or old. Little stands or carts line the curbs of almost any busy street, providing an alternative to the same ol' everyday meals. Whether you are in a hurry or feeling a little peckish in between meals, street vendors provide quick and easy solutions that rival other fast food establishments.

The pojangmacha, or street vendor, is one of the best places to grab a quick snack or to pass the night away meeting friends. The types of food they serve can usually be eaten quickly while standing up, although some places have cheap chairs or benches or "take-with-you" food. They have many types of food on sticks or "finger foods." Others specialize in seafood and are geared more towards people who want to sit and have some drinks as well. Smaller stands can be easily carried or rolled from place to place. Larger, more elaborate ones have plastic tarps to protect patrons from the rain and cold. Drinking tents which primarily serve alcohol, however, are off-limits to USFK personnel.

"The appearances of some food and the outdoor environment made me hesitate at first but now I can't live without it," said Richard Shea, an English teacher from the United Kingdom, "The students in my class first persuaded me to give it a try. Just because you are not used to it does not mean it can not taste good"

"The prices are hard to beat," said Lindsay Kurtz, a university student from Virginia on a tour with her friends. "We even had some foods that I would not have expected in Korea. For example, one day we found a vendor cutting and serving pineapple on a stick on the spot."



A street vendor selling dakkochi applies special hot sauce which will give a sting to the taste buds.



A university student grabs a quick snack break with a plate of ddeokpokki at a street vendor.

PHOTOS BY SGT. PARK JIN-WOO



Ddeokpokki

The most popular dish, called "ddeokpokki," is all over the main streets. Customers generally stand and eat their ddeokpokki, but one can also ask for it "to go." Ddeokpokki is a dish consisting of thick, two-inch-long rice cakes in a spicy, sometimes very spicy, red pepper sauce. The red pepper sauce also has sugar in it, so it can range from sweet to very sweet. Many ddeokpokki recipes also contain slices of hard-boiled egg, green onions, and fish patty called odeng. A plate or bowl of ddeokpokki costs only about \$1.50 and will easily feed two moderately hungry people.



Odeng

On the end of each stick is fish cake, sitting in a big container of salty fish broth. If you stand and eat, they will give you a paper cup filled with this fish broth to drink, as well. You can buy a fish-cake stick for around 500 won.



Streets lined with food vendors, or pojangmacha, are not an uncommon sight in the most highly populated streets frequented by Koreans.



Sundae

Sundae is also a famous street vender food too. The best comparison to something more familiar would be a sausage or the Scottish haggis. It is made with a stuffing mixture of tofu, minced beef, pork, mixed vegetables, or other ingredients. They can be cooked several ways: steamed, simmered in beef stock, or fried. Sundae is also served with various other parts of the pig including liver and lungs. There are a few different styles of Sundae. Ojingeo Sundae (Cuttlefish Sundae), sundae Guk (pork soup mixed with sliced seun-dae sausage), frizzle Sundae and Sundae with chitterlings.



Dakkochi

There are two variations of Dakkochi, either skewered deep-fried chicken nuggets smothered in sweetish chili sauce and sprinkled with sesame seeds or a form of Korean chicken kebab made from several cubes of boneless chicken skewered alternately with leeks or other vegetables. It is then grilled over a hotplate and smothered with sweet and spicy sauce. Watch out for the especially hot kebabs, which will wring out tear drops.

The street delicacies mentioned above are just few of the many diverse foods that can be found on the streets of Korea. Other favorites include mini-pizza, waffles, sliced pineapples, fruit juice squeezed on the spot, Korean pancakes sizzled with brown sugar fillings and many more. Visit one of the crowded streets such as Chongro-2-ga, Daehakro and Kangnamyuk in Seoul or any busy city to find out more.

E-mail parkjinw@korea.army.mil



Camp Humphreys Wrestling Meet

The Area III Wrestling Meet will be held at the Camp Humphreys Gymnasium Saturday. The event is open to all U.S. and Korean military personnel stationed in the Republic of Korea. No experience is necessary. Wrestlers will be matched according to weight class and experience level. For information, call 753-8810.

Company-Level Softball Championship

The 2005 Warrior Division Company-Level Softball Championship's final game will be at Camp Red Cloud Field today. The event is open to all qualified teams from camps Casey and Red Cloud garrison championships. The top two teams from this championship will advance to the 2005 Eighth U.S. Army company-level championship. The final will begin at 5:30 p.m. For information, call 732-6927.

Eighth U.S. Army Triathlon

The 2005 Eighth U.S. Army Triathlon Individual Championship will be at Camp Casey's Hanson Field House Saturday. The event is open to active military, Department of Defense civilians and their adult family members stationed on 8th U.S. Army installations in Korea. Race day registration will begin at 7 a.m., with the competition following at 9 a.m. The triathlon will include a 400-meter swim, 20K bike course and 5K run.

Friday Framing Class

The Camp Red Cloud Creative Cuts Frame Shop is offering a free framing class every Saturday. Bring your own prints to mat and frame or let Creative Cuts do it for you, using the shop's computerized mat cutting system. Visit Creative Cuts Frame Shop at Camp Red Cloud, Bldg. T-25 or call 732-7355 for information.

Bowling Center Specials

The Camp Casey Bowling Center offers many special events during the month of July, including:
Purchase a Mean Gean's Burger combo meal or 14" pizza and get one free game as part of the free bowling program, 11 a.m. to 2 p.m., Monday thru Friday;
A 9-Pin No Tap Tournament is held at 2 p.m. each Saturday, July 16-30;
The Camp Hovey Bowling Center offers Dollar Bowling Sunday thru Thursday. For information, call 730-5168.

Submitting to TMCW

To have an event or activity highlighted in The Morning Calm Weekly, send event information and a point of contact name and telephone number, to MorningCalmWeekly@korea.army.mil.

Schumacher wins Mil-High Nationals

Army dragster takes top-fuel points lead

By Chris Dorato

Army News Service

DENVER — Behind the efforts of Top Fuel driver Tony "The Sarge" Schumacher, the U.S. Army NHRA Racing Team marched to its third straight victory in the Mopar Mile-High Nationals at Bandimere Speedway July 17.

After U.S. Army Pro Stock Motorcycle pilots Antron Brown and Angelle Sampey won in successive races, Schumacher followed suit in the thin air of the Rocky Mountains. Brown almost provided the U.S. Army a "double up" victory, but came up just short in the finals, while Sampey suffered a close first-round loss in eliminations.

With his victory over Morgan Lucas, Schumacher took back the Top Fuel points lead from Doug Kalitta. He's now 20 points up heading for the CARQUEST Auto Parts Nationals at Pacific Raceways outside of Seattle next weekend.

"To come out here to a place we've never won at and turn in the kind of performance that we did is just outstanding," said the 2004 NHRA POWERade Top Fuel world champion. "I'm ecstatic that we were able to deliver another victory to our hard-working Soldiers."

Schumacher disposed of Don Sosenka, Doug Herbert and Cory McClenathan en route to his meeting with Lucas. He then turned in a 4.617-second pass at a track record speed of 331.45 mph to claim his fourth win of the year and the 25th of his career.

"Alan Johnson (his crew chief) is just



ROBERT W. VALENCA

Tony Schumacher races his U.S. Army top fuel dragster off the line.

incredible," added Schumacher. "When you get to the finals against him you better come loaded for bear. Now, we have to take this momentum on to Seattle next weekend."

Despite dropping a close final-round race to Ryan Schnitz, Brown moved to within one point of Pro Stock Motorcycle leader, G.T. Tonglet.

"This U.S. Army team worked extremely hard this weekend and the results were there," he said. "We've been cutting away at that lead for some time now and we're just about there. We're bound and determined to get it sooner than later."

The New Jersey native used a group of outstanding reaction times to advance to his encounter with Schnitz. In a first-round win over Karen Stoffer, he even

posted a perfect .000 launch from the starting line.

"This was a good day despite not getting the win," Brown said. "We'll definitely be ready to roll again in two weeks (the Pro Stock Motorcycles rejoin the NHRA tour at the FRAM Autolite Nationals in Sonoma, Calif., July 29-31)."

Sampey, who won the St. Louis event three weeks ago, lost to Tonglet in the opening round. She was first off the starting line, but was run down just past half track.

"I think I actually needed to cut a better light than I did to win," she said. "I'm going to be working on that starting tomorrow. I'm looking forward to Sonoma. I want to get back to victory lane in the worst way."

Teen gives 169,000 gifts from the heart

By Monica Barrera

Army News Service

WASHINGTON — For 14-year-old Jenessa Largent, answering her Call to Duty does not mean wearing a uniform. She believes her responsibility is binding troops with their loved ones back home and showing them she appreciates their sacrifice.

When her now-retired uncle Sgt. 1st Class Mike Chamorro was deployed to Iraq in March 2003, she wanted to show her support by wearing a yellow ribbon around her wrist. But she quickly realized that it fell off easily. A bracelet was made instead.

"I wanted to make something simple to remember the troops and show honor and appreciate them," said Largent. "I wanted to do something like the tradition of tying the yellow ribbon around the old oak tree."

Originally, she had intended to make 100 bracelets for family and friends who were interested in showing their support for loved ones as well.

As word of mouth grew, she was getting requests from troops overseas and loved ones who wanted to wear the bracelets she was making.

That began more than two years ago.

The local media and national media soon publicized the efforts from the then-11-year-old girl and requests for the bracelets sky-rocketed. So far she has made 169,000 bracelets and has more than 80,000 on back order.

With the help of her family, she constructed a Web site dedicated to troops deployed in harm's way and to their families that support them. "Harms Way 4 Kids" was made

for the children of deployed service members to help them cope, but adults have responded as well and she said they understand the meaning better.

After she made an appearance on The Tonight Show with Jay Leno in 2004, there were 30,000 orders in her inbox. She has also been contacted by the prime minister of Australia, Dick Cheney, Laura Bush and others. She has sent bracelets to Tony Blair, Ariel Sharon and the queen of England. She has spoken to troops before deployment and has visited Soldiers across the country.

The amount of orders has not stopped her from making the bracelets. Each bracelet is handmade. On average, it takes seven to eight minutes to make one bracelet. To help with making the thousands of bracelets, there are 5,000 volunteers nationwide, including 4-H clubs, Girl Scouts, and her dance team.

The bracelet beads are made of clay and the string is made of hemp. The clay is baked. Even the materials used for the bracelets have a special meaning.

"The hemp is strong and durable like the life of a Soldier," explains Largent. "The yellow beads show the support for them. The red, white and blue heart beads represent love and patriotism for your country."

Largent's goal is to change the view of today's youth regarding the military.

"Freedom isn't free and that is a common misconception," she said. "We get lost in the world of celebrities, but really the Soldiers are the stars. They are willing to lose arms, legs, and lives for us — people they don't even know. Every single Soldier should be treated like a hero."

For information, visit www.harmsway4kids.com.

Fawcett named new 602nd ASB commander

By Roger Edwards

Area III Public Affairs

CAMP HUMPHREYS — Lt. Col. Gregory A. Fawcett is the new 602nd Aviation Support Battalion commander. He assumed command in a July 15 ceremony held on Camp Humphreys' flightline.

"It is truly an honor to have been given the opportunity to command, lead and care for America's finest sons and daughters," said Fawcett during his address to the command and guests attending the ceremony. "You are our nation's best. I value and respect your dedication and the sacrifices you give to our Army and to the United States of America."

Fawcett graduated as a Distinguished Military Graduate from Eastern Montana College in Billings, Mont. and was commissioned a second lieutenant of infantry in 1985. He has served with the 501st Airborne Infantry Battalion, 6th Infantry Division (Light), Fort Richardson, Alaska; 101st Aviation Battalion, Fort Campbell, Ky.; 25th Aviation Brigade, 25th Infantry Division (Light), Schofield Barracks, Hawaii; Commander, Joint Task Force-7,

Baghdad, Iraq; and V Corps, Heidelberg Germany. He has also served at Camp Humphreys previously, once with 52nd Aviation and with the 501st Aviation Battalion.

Fawcett assumed his new duties from outgoing commander, Lt. Col. Michael Aid. In his farewell address Aid said, "I'm going to miss command certainly, but what I think I'm going to miss the most is working with the great Soldiers of this battalion. You all have a great future as you work to make the Multifunctional Aviation Battalion a truly powerful force on the Korean peninsula."

The 602nd was originally constituted in September 1977 in the Regular Army as Company C, 2nd Aviation Battalion. The unit was redesignated in 1988 as Company C, 2nd Aviation Regiment and, in 1999, the 602nd Aviation Support Battalion was activated at Camp Stanley in support of the three battalions in the 2nd Aviation Brigade, 2nd Infantry Division.

June 16 of this year, the battalion was reorganized as part of the 2nd Multifunctional Aviation Brigade. The unit currently has maintenance support

teams at Camp Eagle and K-16 Air Base. The bulk of the unit has recently moved to Camp Humphreys. The battalion provides both aviation and

ground field maintenance, replenishment of all supplies and medical support in order to sustain the brigade.



ROGER EDWARDS

Lt. Col. Gregory Fawcett, new 602nd Aviation Support Battalion commander, receives the unit colors from Col. Peter Foreman, 2nd Multifunctional Aviation Brigade commander, during the July 15 change of command ceremony.

Camp Eagle conducts mass casualty training

By Roger Edwards

Area III Public Affairs

CAMP EAGLE — The training scenario was a complicated one: Static electricity sparked an explosion and fire as an AH-64 aircraft was fueling at a Camp Eagle hot refueling pad July 7.

The event, which "injured" 11 Soldiers, led to a rapid reaction from emergency responders (crash crews, military police, medical, fire, etc.)

from both camps Eagle and Long, and from the Republic of Korea Air Force, Republic of Korea Army, and a local Korean hospital.

"It was a terrific training exercise that turned into a multinational training exercise," said Tony Reininger, Area III director of Aviation Services. "The ROKAF at K-46 supported us with a fire truck and crew, the ROK Army sent in an ambulance with a medical team headed by a captain and Wonju

Christian Hospital took care of a few of our simulated casualties."

"It's a monthly requirement that we have a pre-accident plan exercise for primary responders," said Christopher Fletcher, Area III deputy fire chief and head of the emergency response team at camps Eagle and Long. "Once or twice a year though, we expand the exercise and call in everyone on our emergency response list."

According to Fletcher, Kim Chi-hung at airfield operations activated the crash phone at the start of the exercise, alerting all first responders. That alert brought Area III Fire and Emergency Services to the scene with two trucks and seven personnel.

These first responders requested mutual aid response for the ROK Air Force which sent a truck and five people.

Fire fighters meanwhile contained the simulated fire and started evacuation of victims to

a triage point where Camp Eagle medics were now ready to care for them. As increasing numbers of victims were recovered, personnel aboard two ambulances in route to the scene from Camp Long requested additional aid from ROKAF.

In the meantime, military police had arrived, requested a quick response force and established on-scene security. A simulated fuel leak was noticed, leading to response from the Department of Public Works Environmental section.

"The only part of the exercise that didn't occur as planned was the MEDEVAC aircraft that canceled due to weather," said Fletcher.

"The exercise went well," said Sgt. 1st Class Roger Taylor, Camp Eagle Airfield noncommissioned officer in charge. "All responders were on the scene in a timely manner, medical response worked quickly and efficiently. Korean responders were easily incorporated into the overall mission and responded according to prescribed protocol."

"In the future we will continue to address those areas that need improvement, and more challenging scenarios will be developed to further increase skills and confidence," he said.



JO BYUNG-RAE

Camp Eagle emergency response personnel started evacuating "casualties" to a triage point for initial treatment of their "injuries" after controlling the simulated fire during mass casualty training on July 7.

NEWS & NOTES

ACS 40th Birthday Celebration

Army Community Service celebrates its 40th birthday from 11:30 a.m. to 3:30 pm. today at the Army Community Service building, Bldg. 311. Call 753-8804/8401 for information. The event is open to the community and everyone is welcome.

Area III College Registration

Central Texas College and the University of Maryland begin Term 1 registration Aug. 1 at all Area III education and learning centers. For information call your education and learning center. Call 753-8901 at Camp Humphreys and Suwan Air Base, or 721-3425 at camps Eagle and Long.

EEO/POSH Training

The Equal Employment Opportunity/Prevention of Sexual Harassment training originally scheduled for Thursday has been changed to Aug. 18. Training is held at the Education Center. This is the last training for FY05. For information, call 738-4472.

Area III Wrestling

An Area III Wrestling Tournament is scheduled for 1 p.m. Saturday in the Camp Humphreys Gym. Participants must register at the gym by Friday. For information, call 753-8807.

Ten Miler Qualifier

Eighth U.S. Army has scheduled a Ten Mile Qualifier Run for July 30 at Camp Casey. This run will determine the selection of runners to compete in Washington in October and to attend the AUSA Convention there. Area III will provide bus transportation to the event July 29, and a van on the morning of the event for those unable to make the bus. Runners staying overnight will be provided with a place to stay, but must provide their own sleeping bags or linen. Runners wishing transportation to Camp Casey must sign up at the Camp Humphreys Gym. For information, call 753-8807 or 753-8810.

Commissary Spending

All USFK members registered in DBIDS can view their current commissary spending online! Simply visit: <https://pimsk.korea.army.mil> and enter your social security number, last name and birth of date to lookup your commissary purchase totals and dates. Some DBIDS registration information is also shown to assist USFK members keep their DBIDS registration information current. If any corrections need to be made, visit any DBIDS Registration Center for correction.

Signal company troops see history firsthand

By Pfc. Brett Thomas and
Pvt. Bryan Edwards

501st Signal Company

CAMP HUMPHREYS — The 501st Signal Company sponsored an educational trip to the Demilitarized Zone June 10 giving 44 Soldiers and 14 civilian employees the opportunity to learn about the history of the Korean War and the armistice signed 52 years ago.

The first stop on the trip was the Tunnel #3 site. The members of the 501st explored the tunnels dug by North Koreans attempting to infiltrate spies and covert agents into the South. The site is only 44 kilometers from Seoul and the tunnels there were discovered in October 1978. One tunnel is 1.6 kilometers long, 2 meters high and 2 meters wide. This single underground highway is capable of moving a full division per hour with all of their weapons. It was designed to open the way for surprise attack on South Korea's capital city — Seoul. The site features a museum that is dedicated to the history of the Korean War and displays artifacts from that conflict.

The Mount Dora Observation Post was the next stop on the trip.

A visitor can see into North Korea from Mount Dora and view defenses the North Korean Army has prepared against the Republic of Korea. Humphreys visitors to the site were given a briefing and orientation and were allowed to observe the countryside between the north and the south. From the Mount Dora lookout a visitor can see the only open road into North Korea. That road is used to transport humanitarian relief into

the North.

After leaving Mount Dora, the tour group moved to Camp Bonifas for a briefing on the history of the DMZ and the Joint Security Area. Camp Bonifas Soldiers have provided 24-hour security in the area since May 1952, taking care of United Nations Command personnel and their guests within the JSA, and controlling entry and exit from the JSA. They also provide JSA tours on a day-to-day basis for both civilian and military visitors.

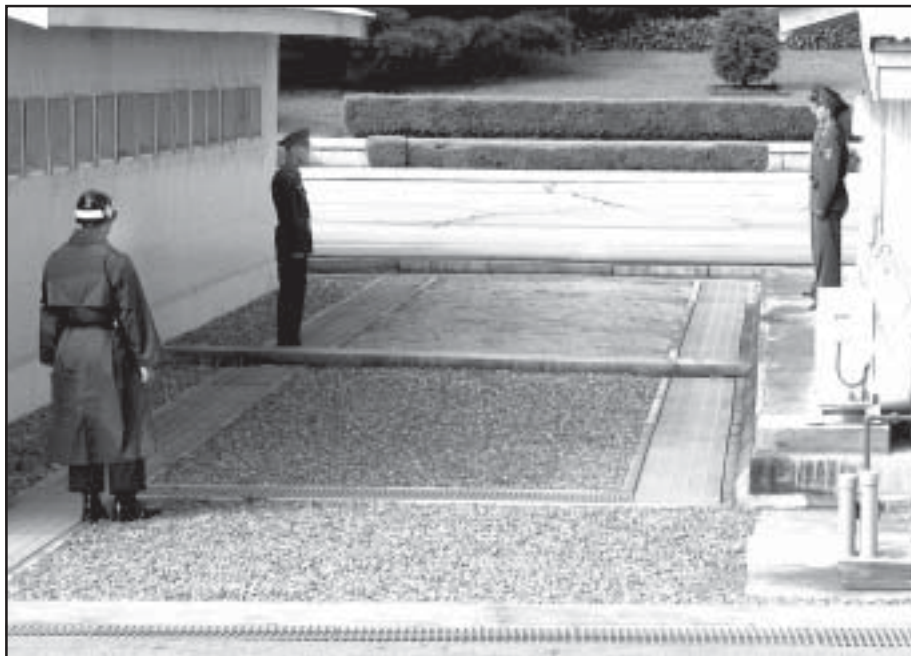
Since the Republic of Korea government began allowing civilians to visit, more than 100,000 people tour the JSA and Camp Bonifas each year.

The next stop was the JSA, a place where the Cold War still lives. 501st personnel toured meeting rooms

where daily briefings are still being conducted between the two Koreas. In one building they crossed into North Korea under the watchful eyes of North Korean Soldiers by walking around the primary conference table that is half in one nation and half in another.

From the conference building the Soldiers moved to the "Bridge of No Return." The bridge was used after POWs on both sides had the chance to choose where they wanted to be -- it was a one-time only chance.

Following the tour, Spc. Michael Kirk of Philadelphia, Pa., said, "The trip here is a humbling experience. I deeply encourage everyone to tour the DMZ and understand the reasons why the U.S. Army is in South Korea."



U.S. ARMY PHOTO

A ROK Army Military Police Officer south of the 38th Parallel (the raised concrete divider) observes a North Korean guard being posted north of the line at Camp Bonifas.



COURTESY PHOTO

Unit Pride

Members of Company E, 2/52 Aviation Battalion, carry their unit colors during the Firecracker Run. The run was one of several events held as part of Camp Humphreys' Fourth of July Celebration. More than 120 people signed up for the run. The Camp Humphreys Gym sponsors 5, 10 and 20 kilometer runs during most holidays. Find out what other sporting activities are available by visiting the gym, or by calling 753-8807 or 753-8810.

Community Bank teller, Yu Sang-lee processes a withdrawal for Sgt. Joshua Turner of 520th Maintenance Company. The bank's newly installed WAUSAU Image Teller System streamlines the process of cashing and clearing checks by scanning the check and sending the information and image directly to the Federal Reserve and to the account holder's bank for clearance. According to Humphreys Community Bank Branch Manager K.A. Kim, "What once took days by mail can now often be done in only minutes and will always be finished in a day." Skills to ensure your account is balanced and ready for the new technology can be learned at Army Community Service, where classes in Personal Financial Management and Financial Readiness are offered on the first and second Tuesday of the month from 8 to noon, and a class on Checkbook Maintenance is offered on the last Tuesday of the month from 9 to 10 a.m. These classes are also available on a one-to-one basis with the instructor by prior arrangement. Call 753-8804/8401 for information.



COURTESY PHOTO

35th ADA Soldiers head to 8th U.S. Army competition

By Staff Sgt. Dave Enders

35th ADA Brigade Public Affairs

OSAN AIR BASE — Seven U.S. Soldiers, Noncommissioned Officers, and KATUSA members of the 35th Air Defense Artillery Brigade competed June 20-24 for selection as the brigade's Noncommissioned Officer, Soldier and KATUSA of the Year, and for the privilege of representing the brigade at the 8th U.S. Army NCO, Soldier and KATUSA of the Year competition in July.

While NCO and Soldier of the Year competitions are commonplace in U.S. Army units throughout the world, the Korean Augmentation to U.S. Army Soldier of the Year is unique to U.S. Army units who have ROK Army Soldiers assigned to augment their fighting forces stationed on peninsula.

The 35th ADA competition was designed to mirror the 8th U.S. Army competition and to ensure the brigade's candidates selected for the 8th U.S. Army competition are the very best in the 35th ADA. "We made our competition more challenging," said Sgt. Maj. Thomas Kenney, 35th ADA Operations sergeant major. "The overall goal was to train on warrior tasks and skills with the end state of selecting the most competent NCO, Soldier and KATUSA in the brigade to represent us in the 8th Army competition in July."

After getting to know one another during an ice-breaker dinner hosted by 35th ADA Brigade Command Sergeant Major Sidney D. Weatherspoon, the

candidates spent the week competing in events that tested not only their warrior skills, physical fitness, effectiveness with their individual weapons, communication skills and general knowledge but also their first-line leaders' ability to train them as well-rounded Soldiers. "We included mystery events that neither the candidates nor their first-line leaders were aware of until they reached that part of the competition," said Kenney. "By doing this, we tested each candidate's true knowledge and ability, and we ensured their first-line leaders trained them to be prepared for anything."

The 'mystery event' was a nine-mile road march carrying full gear after which the candidates demonstrated their ability to evaluate a casualty, submit a request for MEDEVAC and evacuate a casualty from a vehicle. "Part of the way through the road march, we surprised the candidates with a simulated gas attack to test their ability to protect themselves during an unexpected attack," said Kenney.

"This competition ensured that only the best in the brigade were selected as the NCO, Soldier and KATUSA of the year who will compete at the 8th Army level of the competition," said Kenney. "The first-line leaders and units [of the 35th ADA Brigade NCO, Soldier and KATUSA of the Year] will continue to assist them in honing their individual soldiers' skills to compete at the 8th Army level."



Noncommissioned Officer of the Year Sgt. Mandrill A. Demps, Battery A, 1st Battalion, 43rd ADA, 35th Air Defense Artillery Brigade, is selected to represent the 35th in the 8th U.S. Army NCO, Soldier and KATUSA of the Year competition this month.



KATUSA of the Year Pfc. Sung Pil-doo, Battery B, 2nd Battalion, 1st ADA, 35th Air Defense Artillery Brigade, is selected to represent the 35th in the 8th U.S. Army NCO, Soldier and KATUSA of the year competition this month.



Soldier of the Year Pfc. Christopher M. Corwin, Headquarters Battery, 35th ADA Brigade, is selected to represent the 35th ADA in the 8th U.S. Army NCO, Soldier and KATUSA of the year competition this month.

PHOTOS BY STAFF SGT. DAVE ENDERS

Students examine nature's mysteries during summer school

By Roger Edwards

Area III Public Affairs

CAMP HUMPHREYS — Summer school at Humphreys American Elementary School finished today, after four weeks of an enrichment program examining the mysteries of nature.

"We've been looking into the 'Mysterious Plants and Creatures of the Oceans,'" said Darlene McPherson, one of three teachers who volunteered to teach the summer session. "We've had classes examining optical illusions, decoding graphs, cave creatures and mysterious goo."

McPherson, who taught the second and third grade

students, said that the program from Voyager Expanded Learning and the Discovery Channel used math, language arts and science to help her teach students about nature.

Summer school was divided into classes for kindergarten and first grade, second and third grade and fourth, fifth and sixth grade with about 18 students in each class. According to the teachers, the curriculum for each level was geared to that level.

The program, designed to hold student attention, should "build excitement toward learning and the unknown," said Kelli Gerlach who taught the kindergarten and first grade. "On top of that, it costs

parents nothing out of pocket."

"It's a wonderful, fully scripted program," said Jean Samuel who taught the older students and was lead teacher for the program at Humphreys. "Our students have enjoyed it and their parents are excited. I just hope we have the opportunity to teach it again next year."



Summer school kindergarten and first grade classmates (left to right) Alexis and Lauryn Chisolm, Chris Huber and Mattea Reeb, get the feel of an ocean star fish while studying "Mysteries of the Oceans." Teacher Kelli Gerlach said the students were focused and enthusiastic.



PHOTOS BY ROGER EDWARDS

Vanessa Engram, a summer school student in the kindergarten and first grade class, examines a squid's hunting tentacle studying the "Mysteries of the Oceans."

Ad goes here

Camp Carroll taxi service provides convenience

By Galen Putnam

Area IV Public Affairs

CAMP CARROLL – “Stars & Stripes” often refers to Camp Carroll as “a large logistics base.” That comes as no surprise to those who live and work here, particularly those who must navigate the logistics of getting from one place to another, especially on foot.

Luckily, a long-awaited convenience has made the installation just a bit smaller as an on-call taxi service is now available on post.

Taxi service was available on the installation in the past, but problems with the quality and consistency of the service led to its discontinuation. Previously, taxi drivers acted as individual contractors. They chose when they would be available and, some allege, what they would charge despite previous agreements with post officials.

“The service is a great asset because junior Soldiers can’t have personally owned vehicles,” said Master Sgt. Michael Ward, 20th Area Support Group. “Before my vehicle arrived I used the old taxi service and there were many inconveniences. Now the service is much more reliable.”

In order to avoid the spotty service provided by individual contractors, a group of Waegwan taxi owners banded together to form the Camp Carroll Call Taxi Association. The association, consisting of six drivers and a



GALEN PUTNAM

Camp Carroll Call Taxi Association driver Hang Jang-kyu, buckles-up as he prepares to take Spc. Shawn Cassatt, 20th Area Support Group, to his destination.

dispatcher, initiated the new service June 7. By agreement, at least five taxis must be on duty 24-hours-a-day, from 4 a.m. – midnight. Taxi service is available every day of the year. The association will be required to provide additional taxis should the Camp Carroll population increase significantly or usage level dictate the necessity.

Rates from 4 a.m. – midnight are 1,500 won plus 100 won for every 177 meters driven, or every 42 seconds when parked or waiting. From midnight to 4 a.m. the rate is 1,800 won plus 100

won for every 177 meters driven, or every 42 seconds when parked or waiting.

“I noticed the service is getting a lot better. You’re not getting a lot of run-around like before,” said Pfc. Jesse Clark, Company A, 307th Signal Battalion, who arrived in November, 2004. “I went to the train station for about \$2, before there were different prices. From what I’ve seen, this is a lot better than the old way.”

Even the drivers are pleased with the new arrangement.

“The new call system is much more

Area IV taxis to offer limited service July 25

Area IV Public Affairs

CAMP HENRY – Area IV taxi service in Daegu will be temporarily suspended 8 a.m. to midnight Monday.

Regular taxi service will be available 5 a.m. to 8 a.m. Monday to accommodate morning commuters. It will then be suspended until midnight when normal service will resume.

The taxi drivers’ association requested one day off to hold its annual membership training in recognition of its 10th anniversary. The time permits the association to tend to the morale and welfare of its drivers, and to improve customer service.

The Area IV Support Activity commander approved this day for the training because taxi patronage is lightest on Mondays.

efficient than before,” said driver Hwang Chil-kyu. “Passengers can get faster service and we taxi drivers can operate in a more organized way.”

To request service, call 972-8531 or 972-8532.



GALEN PUTNAM

Daegu shortstop Stephen Brumfield fires to first after fielding a ground ball as second baseman James Poirrier looks on. Daegu went on to beat Camp Carroll 15-13 to take the Area IV Over 33 Softball Championship July 14 at Camp Walker’s Kelly Field.

K-2 repeats as softball champs

Area IV Public Affairs

CAMP WALKER – Tiny K2 Air Base’s Bulldogs rebounded to top a stubborn 307th Signal Battalion 11-7 to take the Area IV Company-Level Softball Championship, while Daegu bested Camp Carroll 15-13 to take the Area IV Over 33 Softball Championship July 14 at Kelly Field on Camp Walker.

The Bulldogs knocked 307th into the losers bracket in their first meeting with a 7-4 win. The 307th exacted their revenge, however, by crushing K2 13-5 in the championship game. K2 held on to take the decisive “if” game and their third consecutive Area IV championship.

With only two teams represented in the Over 33 Division, Daegu and Carroll played a best-of-three series with Daegu coming out on top winning 14-11, then falling 20-9 to set up the rubber match.

NEWS & NOTES

Company Level Soccer

The 2005 Daegu enclave company-level intramural soccer league is scheduled to run Aug. 4 – Sept. 15 at Camp Walker's Kelly Field. Sign up at Kelly Fitness Center no later than Aug. 2. An organizational meeting will be held 6 p.m. Aug. 3 at Kelly Fitness Center. For information, call Kim Chong-hwan or Darryl Chandler at 764-4425 or 764-4800.

Military Idol Competition

Army Morale, Welfare and Recreation is sponsoring "Military Idol" a singing competition, with installation-level winners receiving \$500 and a trip to the United States to compete in the Army-wide competition. Sign up at the Hilltop Club on Camp Walker, Henry's Place on Camp Henry, the Busan Pub on Camp Hialeah, or Camp Carroll's Hideaway Club. Contestants can also sign up at the Camp Walker, Carroll and Hialeah community activity centers. Registration deadline is Aug. 25. For information, call Luis R. Rios at 764-4440.

Women's Summer Workshop

The Protestant Women of the Chapel will hold a Women's Summer Workshop 10 a.m. – noon today and Aug. 5 and 19 at Soldier Memorial Chapel on Camp Walker. No registration is required. For information, call Cheri Fochs at 010-8671-6061.

ACS Birthday Celebration

Army Community Service will celebrate its 40th birthday 11:30 a.m. – 1:30 p.m. Monday at the Camp Henry ACS, Bldg. 1103. For information, call Kiya D. Reed at 768-7610.

Vacation Bible School

The Serengeti Trek Vacation Bible School will be 9 a.m. – 12:30 p.m. Monday – July 29 at the Soldier Memorial Chapel on Camp Walker. There is no participation fee. To register or volunteer, contact the Camp Walker Chapel at 764-4498/4673.

NEO Prep Class

A NEO preparedness class will be held 10 a.m. – noon Aug. 1 at Camp Henry Army Community Service, Building 1103. The course covers Noncombatant Evacuation Operation briefings, how to prepare a NEO kit and protective mask training. Sign up at ACS no later than July 29. For information, call Kiya D. Reed at 768-7610.

EO Course

An Area IV Equal Opportunity Representative Course will be held Aug. 8 – 19. Registration deadline is Aug. 1. For information, call Master Sgt. Matt Delay at 768-8972, Sgt. 1st Class Stephanie Buxton at 768-8542, or Sgt. 1st Class Monte Tartt at 765-

Organization Spotlight: VFW Post 10033

By Galen Putnam

Area IV Public Affairs

CAMP HENRY – The 9,000 Veterans of Foreign Wars posts worldwide offer 2.4 million members and their guests a relaxing place to gather, socialize and swap stories. Daegu VFW Hill 303 Memorial Post 10033 is no exception, however, the post is much more than just a social club, it is a vibrant, thriving organization that each year contributes thousands of dollars and volunteer hours to community projects and organizations throughout Area IV.

"Besides meeting a lot of great people and having a place to relax, being a member gives you an opportunity to make a contribution to the community," said Trustee (Third Year) Ken Cawthon. "The canteen is usually the first thing that comes to mind when people think of the VFW, but once people get involved they realize there is a whole lot more to what we do."

In the past year members, along with boosters and other helpers, donated 29,157 volunteer hours to assist with 700 community projects. In addition, the post donated more than \$145,000 to support community activities and organizations.

Some of those volunteer hours went to projects such as Daegu's Veterans, Memorial and POW/MIA Recognition Day ceremonies; hospital visits; church activities; school safety awareness; and others. Financial support went to the community in a number of ways including: providing support to needy families during the holidays, distributing pre-paid phone cards to Soldiers, and granting monetary requests to support an array of community organizations.

The post, which accounts for the volunteer hours of its members cumulatively, has been named the Daegu enclave "Volunteer Organization of the Quarter" the past three quarters.

The post also provides volunteer and financial support to the VFW's annual Patriots Pen Essay Contest and Voice of Democracy Scholarship Competition. Last year's local winners and finalists received \$2,000 in U.S. Savings Bonds and other prizes. At the national level,



GALEN PUTNAM

Members of the Veterans of Foreign Wars Hill 303 Memorial Post 10033 render honors to their captive and missing comrades during the POW/MIA Recognition Day ceremony Sept. 17, 2004.

prizes range up to a \$25,000 scholarship. In all, the programs distribute more than \$3.4 million in scholarships and incentives each year.

Patriots Pen is open to students in grades 6-8 who must submit a 300- to 400-word essay. This year's theme is "Who Are Today's Patriots." Voice of Democracy is open to students in grades 9-12 who must submit a 3- to 5-minute audio essay. This year's theme is "How I Demonstrate My Freedom." The entry deadline for both programs is Nov. 1. For more information, call Patriots Pen/Voice of Democracy Chairman Ken Swierzewski at 768-8215. Swierzewski, a charter member, is also the District III commander.

In addition, the post formally sponsors the Daegu area Boy and Girl Scout programs and has entered into a partnership with Company E, 160th (SOAR), K2 Air Base, Daegu, essentially "adopting" the unit in an effort to provide support and assistance to its Soldiers and family members.

"We are the organizational charter sponsor of the Boy Scouts and Cub Scouts in Daegu," said Dave Teets, charter member, former post commander and Department of the Pacific Areas commander. "When the 20th Support Group was forced to drop sponsorship we



were glad to step in to support the scouts."

Despite the post's commitment to supporting the community, members point out the VFW's primary obligation is to support veterans. In addition to the VFW's many national-level programs, such as lobbying Congress on behalf of veterans, the post goes a step further to ensure the well-being of its members and their families.

"We take care of our own. Whenever a member ends up in the hospital we arrange visits and make sure flowers are delivered. Even if they are in the hospital at Yongsan, we coordinate to have members from the post there visit until someone from our post can get up there," said Bobby Bradley, post surgeon and former post commander. "We also make sure the family members are taken care of in their time of need, particularly since some don't drive or can't speak the language well."

Despite the post's current membership level of 696, Post Commander Jimmy Hudson pointed out the post loses an average of 400 members each year to rotation. With that in mind, recruiting is an important issue. To help attract active-duty Soldiers, the post offers an initial one-year membership for \$5. The usual sign-up fee is \$20.

"The post picks up the \$15 difference. We feel it is a good investment in order to sign up a Soldier who might just become a lifetime member," Hudson said. "Once new members get a chance to see what we are all about, a good number of them continue their membership."

For eligibility and membership information, call Membership Chairman John O'Connor at 768-7909.

Soldiers enjoy their membership for a variety of reasons.

"I like having a place to go where I can play pool with a cool bunch of guys," said Spc. Dustin Studie, 19th Theater Support Command Emergency Operations Center. "I like to meet with the retirees and listen to their stories."

"I like the fact that when someone is



COURTESY VFW POST 10033

Veterans of Foreign Wars Hill 303 Memorial Post 10033 members pitch in to support a Habitat for Humanity project in Kyongsang, September 2001. Former president Jimmy Carter was on hand for the dedication of the 12-unit dwelling built by the volunteers.

36th Sig. Bn. hosts technology camp for Korean kids

Daegu area elementary students learn about Soldiers, computers

By Gwendolyn R. Smalls

1st Signal Brigade Public Affairs

CAMP WALKER – At the 36th Signal Battalion, information technology isn't just for signal Soldiers.

Local Korean elementary school children took a break from their ordinary school activities to participate in an information technology camp held July 13–15 at Camp Walker. This is the second year the unit has held the IT camp.

“There are several Soldiers as well as the chaplain who teach English at some of the local elementary schools,” said event coordinator 2nd Lt. Raymond Welsh, executive officer of the 169th Signal Company.

“During those sessions, the children are always curious about what the Soldiers jobs’ are. The battalion thought it would be a good idea to actually show them,” Welsh added.

The battalion played host to 15 children from several elementary schools in the Daegu area. The three-day camp was broken into three blocks of instructions.

“The students toured AFN studios and learned how television and radio broadcasts are transmitted,” Welsh said. “They also toured the DSC (Defense Switching Center) and saw how the DSN telephone system works. The last day, we showed them how to put together a computer system. This included putting in both hard and floppy drives as well as adding RAM (random



Sgt. Kyle Chapman of 169th Signal Company, shows (from left) Hong Se-rim, 12, Kim Min-a, 13, and Jang Young-jea, 12, of Samduck Elementary School the difference between PCI and ISA cards during a computer class at the 36th Signal Battalion's information technology Camp July 13-15.

access memory).”

While the IT camp was meant to be educational, the children did get a break from instruction. They were treated to lunch daily in the dining facility, as well as a pizza party, swimming and a dodge ball

match with the Soldiers.

“I liked the dining facility and the swimming,” said Bisle Elementary School student, Park Jong-su, when asked what she enjoyed most about the IT camp.

Ad goes here

Daegu Girl Scouts earn Gold Award

*Achievement is highest honor
girl can obtain in scouting*

By Julia DeCook

Area IV Public Affairs

CAMP HENRY –The three members of Girl Scout Troop 47 received Girl Scouting’s highest honor - the Girl Scout Gold Award - June 26 at the Evergreen Community Club.

Senior Girl Scouts Kathie Bacle, Elizabeth Radnothy and Brittany Weigle coordinated a college fair at Taegu American School as their Gold Award project. The event was organized to provide information from a variety of colleges and universities from throughout the United States to TAS high school students and other interested individuals.

The girls contacted more than 50 schools to request information packets. Due to the time difference between Korea and the United States, the girls ended up pulling some all-nighters while calling colleges and universities during business hours in the United States.

“I had fun doing it, and it was really hard,” said Radnothy. “What you really need is a good team and you need to have a good understanding with each other to strive for something so difficult to get.”

Coordination also involved briefing post officials and recruiting local alumni from the colleges and universities to serve as representatives.

In recognition of their achievement, the girls received letters from President George W. Bush, Commandant of the Marine Corps, Gen. Michael W. Hagee, and others. They also received certificates from the Marine Corps for demonstrating superior achievement and youth excellence. The American Legion also presented them with American

flags.

“I’m very excited to be able to accomplish this, and without the community I wouldn’t have been able to accomplish it,” said Weigle. “I’m very honored to receive this award.”

To earn the Gold Award, candidates must complete a project that fulfills a need within the community. Projects require at least 65 hours of participation and must include organizational, leadership and networking skill. Each Girl Scout Gold Award recipient worked more than 110 hours to complete the college fair project.

The Gold Award opens many doors for recipients. Some academic institutions offer scholarships to winners. Also, recipients who enlist in the U.S. military join at the E-2 pay grade rather than as an E-1 private.

Bacle has been a Girl Scout for nine years and has dreamed about the day she would receive the Gold Award since she was eight years old. “I never thought I would earn it, but I finally made it,” she said.

“I’m very honored to have been able to see them grow and mature into young ladies with leadership abilities,” said Debbie Weigle, Senior Girl Scout troop leader. “It was a big challenge for the girls. It had to do with a lot of organizing, and we’re very pleased they were able to succeed, and we hope that they continue in Girl Scouting.”



Gold Award

VFW

from Page 26

in the hospital (the post) sends flowers and makes sure the families are taken care of,” said Sgt. Ivan Denlinger, 19th TSC EOC. “I like to be a part of that.”

Others agreed.

“I’m a military brat so I just like to mingle with the veterans and help with events on post,” said Ladies Auxiliary lifetime member Sandy Gallagher.

Those who have been there since the beginning are proud of the post’s accomplishments.

“Helping to get the post started has been the most rewarding thing to me,” said John Compton, junior past commander and one of 106 charter members. “Because of that we have been able to do a lot of good for the community and take care of veterans and their families.”

“The older generation has a lot to offer the younger generation,” said charter member Jesse McBride. “When they get to know one another, it alters the Soldiers’ perception of veterans because they get a chance to experience what they went through. No matter what the age though, we all have one thing in common – protecting our way of life.”

The post has grown to its current strength of 696 members since receiving its charter in 1999. There are currently 3,550 VFW members affiliated with the seven posts in Korea that make up Department of the Pacific District III. Other Department of the Pacific Areas districts include Okinawa, Japan, Taiwan, Thailand, Mariannas Islands and the Philippines.

The VFW consists of 54 departments – one for each state, the District of Columbia, Latin America, Europe and the Pacific.

The post is named in honor of the 41 Soldiers from the 1st Cavalry Division who were taken prisoner of war, bound, then gunned down and left for dead by retreating North Korean Troops on Hill 303 near Camp Carroll in August 1950. Only five Soldiers survived the massacre.

Ad goes here

성인에게 필요한 예방접종

상병 서기철

***왜 예방접종을 해야 하나?**

예방접종은 질병을 일으키는 병원균이나 그 병원균이 만들어 낸 독성 물질, 혹은 병원균과 유사한 균을 사람의 몸 속에 주입함으로써 그 사람이 균에 감염된 것과 같은 상태를 인위적으로 유발시켜 병에 걸렸다 나은 후와 같은 면역성을 얻게 하는 것이다. 이렇게 얻어진 면역성은 만일 그 사람의 몸에 예방접종시 사용했던 것과 같거나 유사한 병원균이 몸 안에 들어오는 경우 그 효과를 발휘 하여, 병에 걸리는 것을 막아 주거나 혹은 병에 걸리더라도 질병의 경과를 짧게 하고 증상이나 후유증을 악화시키게 된다. 따라서 병의 증상 및 후유증이 심하고 사망률이 높은 질병에 대해서는 효과적인 예방접종 방법만 있다면 남녀 노소를 막론하고 예방접종을 하는 것이 좋다.

***성인에게 필요한 예방접종**

-B형간염 예방접종

우리나라 사람들의 B형간염균 보유율은 남자는 8.0%, 여자는 6.2% 정도로 추정되며, 6개월 이상 만성적으로 균을 보유하는 경우는 남자 4.7%, 여자 3.3%로 추정되고 있다. 이는 다른 나라에 비하면 매우 높은 비율이다. 일단 간염균의 만성보균자가 되면 보균상태를 벗어나기 어려울 뿐만 아니라 간염균 보유자의 간경화나 간암의 발생이 일반인보다 훨씬 더 많다는 것을 생각하면 매우 심각한 문제라고 할 수 있다. 하지만 다행히도 B형간염균에 대해서는 효과적인 예방접종 방법이 개발되어 많은 사람들을 B형 간염의 위험에서 벗어나게 해주고 있다. 원래 B형간염 예방접종은 감염의 위험이 높은 일부 사람들에게만 권유되나, 우리나라는 앞서서도 살펴본 바와 같이 감염률이 높아서 우리나라에 살고 있는 사람 모두에게 접종이 필요하다. 간염 백신은 여러 종류가 있으며, 약제에 따라 접종간격이 약간 다를 수 있지만 기본접종으로 대개 3~4개월에 걸쳐 3회 접종(근육주사)을 하고 있다. 기본접종 후 5년이 지나 추가접종을 하는 것에 대해서는 약간의 논란이 있지만 현재까지는 시행하는 것을 원칙으로 하고 있다. 예방접종의 효과는 3회 접종 후에 항체가 생기는율이 95%정도로 보고된 바 있지만, 정상 성인에게서 B형 간염 백신 3회 기본접종 후에도 항체가 생기지 않는 확률이 10~15%나 된다는 보고도 있다. 이런 경우에는 다시 3회 접종을 하는데 이 경우 약 반수 정도에서 항체가 형성된다고 한다. B형간염 백신은 그 안정성이 입증되었으며 백신과 관련된 심각한 부작용은 관찰되지 않아서다. 가장 흔한 부작용으로는 접종부위가 일시적으로 아플 수 있으며, 그 외에 주사부위가 빨갛게 되거나 부어오르고 간혹 미열이 생기기도 한다.

-파상풍

파상풍은 매우 치명적인 질환으로, 우리 나라에서 보고된 발생건수는 그리 많지 않으나 실제 발생자수는 꽤 있을 것으로 생각 된다. 현재 파상풍 예방접종은 성인이나 소아 모두에게 필수로 추천되고 있으나, 우리나라에서는 DPT란 백신 형태로 디프테리

아 나 백일해 예방접종과 동시에 주로 소아에게만 실시하고 있고, 성인에게 10년마다 권장하고 있는 추가접종은 거의 실시되지 않고 있다.

***적응증을 가진 사람은 꼭 해야 할 예방접종**

-인플루엔자

인플루엔자는 해마다 발생률이 다르지만 수년 간격으로 세계적인 유행이 발생하는 질환으로, 우리나라에서는 보통 건조하고 추운 11월 말에서 다음 해 4월 사이에 유행하는데 2, 3월에 가장 많이 발생한다. 인플루엔자으로 인한 입원이나 사망은 정상인에게서 는 드물지만 65세 이상의 노인환자나 만성질환을 앓는 사람에게서는 입원이나 사망자수가 정상인의 수십 배 이상이다. 따라서 인플루엔자 예방접종은 이 질환으로 인한 사망위험이 높은 사람들(인플루엔자의 합병증이 잘 생기는 위험군 : 심혈관계나 폐의 질환을 만성적으로 앓고 있는 성인, 만성적인 질환으로 입원 중이거나 요양소에 수용 중인 사람, 65세 이상의 남녀, 당뇨 등 대사이상, 신부전, 면역억제 상태의 환자)과, 그 외에 이들 위험군에게 인플루엔자를 전염시킬 가능성이 있는 사람들에게만 적극 권유되고 있다. 현재 국내에는 여러 종류의 백신이 있는데 그 효과는 백신에 의해 유발되는 면역 반응의 정도와 현재 유행하는 균주와 백신균주의 유사 정도 등에 의해 달라진다. 예방접종에 의한 방어효과는 약 80% 정도이며, 그 효과는 약 1년 정도밖에 지속되지 않아서 매년 예방접종을 해야만 한다. 접종횟수는 1회로 매년 가을 11월 이전에 맞는 것이 좋다. 예방접종 후에 흔히 생길 수 있는 부작용으로는 주사부위의 통증이나 가려움증이 있고 그외에 발열, 근육통, 두통과 같은 전신증상이 있다.

-폐렴구균

우리나라에서는 아직 폐렴구균감염의 발생률과 사망률에 대해서 정확히 조사된 바는 없다. 그러나 여러 나라에서의 추세를 감안해 보면 우리나라의 폐렴구균감염의 발생률이 증가할 것으로 생각된다. 폐렴구균감염의 위험군은 인플루엔자와 비슷하여 65세 이상의 노인과 고위험환자(심혈관계질환, 폐질환, 당뇨병, 알코올중독, 간경화, 뇌척수액의 누출, 호즈킨병, 임파종, 골수종, 만성신부전, 신중후군, 면역억제제를 투여 받고 있는 장기이식 환자, 2세 이상의 후천성면역결핍증 환자), 집단시설에 수용되어 있는 55세 이상의 성인으로 이들 위험군에게만 예방접종을 권하고 있다. 일생에 단 한 번만 접종 받으면 되는데, 집단 시설에 수용된 성인은 55세가 될 때, 일반인은 65세 될 때 예방접종을 받는 것이 좋다. 비장절제를 받게 되는 경우는 비장절제 2 주 전, 항암제나 면역 억제제 투여를 받게 되는 경우는 투여 2주전에 받는 것이 좋다. 그리고 위에서 설명한 고 위험군은 언제라도 예방접종을 받아야 한다.

This article is about
"Protective Immunization".

Learn Korean Easily



Language Instructor
Minsook Kwon



**"Weh-chool joon-bee
dweh-suem-nee-ggah?"**
"Are you ready to go outside?"

Single Consonants											
ㄱ	ㄴ	ㄷ	ㄹ	ㅁ	ㅂ	ㅅ	ㅇ	ㅈ	ㅊ	ㅋ	ㅌ
g	n	d	r, l	m	b	sh, s	ng	j	ch	k	t
Double Consonants											
ㄲ		ㄸ			ㅃ			ㅆ			ㅊ
gg		dd			bb			ss			jj
Single Vowels											
ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ	ㅣ		
ah	yah	oe	yoh	oh	yo	oo	you	ue	ee		
Double Vowels											
ㅘ	ㅙ	ㅚ	ㅜ	ㅝ	ㅞ	ㅟ	ㅠ	ㅡ	ㅣ		
eh	yeh			weh	wah	wuh	wee		ui		

Word of the week

준비

ㅈ ; j , ㅊ ; oo , ㄴ ; n /
ㅂ ; b , ㄹ ; ee
'joon-bee'

readiness

The phrase of the week

"I am ready for it."

준비 됐 습 니 다.

Joon-bee dweh-suem-nee-dah.

ready (for it)

I am

Conversation of the week

날씨가 개었어요.

The weather is clearing up.

**Nahl-see-gah
geh-yoe-soe-yo.**

밖에 나갑시다.

Let's go outside.

**Bah-ggeh
nah-gahp-see-dah.**

좋습니다.

That sounds great.

Jo-suem-nee-dah.

어디 갈까요?

Where shall we go?

Oe-dee gahl-ggah-yo?

(한강) 에요.

To (the Han River).

(Hahn-gahng)-eh-yo.

빨리 갑시다.

Let's go in a hurry.

Bbahl-lee ghap-see-dah.

(남대문 시장) (nahm-deh-moon shee-jahng) (South Gate Market)

(동대문 시장) (dohng-deh-moon shee-jahng) (East Gate Market)

Share this column with a Korean co-worker.